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SEA-SICKNESS

(CAUSE, TREATMENT, AND PREVENTION)

VOYAGING FOR HEALTH

HEALTH RESORTS

A Concise Practical Treatise

70024

BY

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Author of "Indigestion Clearly Explained, Treated and Dieted, with Special Remarks on Gout, Constipation and Obesity"—"Digestion and Diet Rationally Discussed"—"Gastric Ulcer: Cause, Pathology, Treatment and Cure"—"On Germs"—"Milk and Consumption"—"Domestic Hygiene," &c.

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To my ever worthy Teacher and Friend,

Professor G. H. PHILIPSON, D.C.L. (Dunelm),

M.D. (Cantab et Dunelm), M.A. (Cantab.),

F.R.C.P. (Lond.), Professor of Medicine and Examiner

in Medicine, University of Durham,

Senior Physician, Newcastle-upon-Tyne Royal

Infirmary, etc., etc.,

this small book is dedicated,

in the earnest hope that it may fulfil the purpose

for which it is written,

i.e., the alleviation of a most distressing malady.

THOMAS DUTTON.

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ERRATA

PREFACE.

(1) Besides some manuals read "Manuals have been."

(2) (A) "For Cure of Sea Sickness" read For Cure of (A) "Sea Sickness."

(3) The description given in every case, etc., read: "In every case I have been most careful as to the correctness of the description given."

PREFACE TO THIRD EDITION.

SINCE the Second Edition of "Sea-Sickness" was brought out there has been much correspondence in the medical journals, besides some manuals published on the subject; those of Professor Rosenbach (Breslau) and Dr. Partsch (U.S.A.), contain much new and scientific matter. What has struck me as being the most interesting and original, I have, by making extracts, included in the present edition. I have not, however, discovered any treatment more rational than what I recommend and prescribe with gratifying and eminent success.

We have not yet by a long way reached the millennium in medicine, viz., the labelling our bottles (A) "For Cure of Sea-Sickness," (B) "Rheumatism," (C) "Gout," &c., which the public sigh for. When that happy time comes our occupation will be gone.

The Appendix on Ship-Surgeons has been omitted, for the subject seems to interest so very few—of seventy reviews only two reviewers mentioned it; and as for the ship-surgeons themselves, only one wrote to me thanking me for bringing the matter forward.

I have added a Chapter on Health Resorts; the information concerning them has been gained through practical experience during my travels about the world, the exception being many of the continental watering-places. I have, therefore, had to rely on patients' experiences for genuine information and to practical pamphlets published in the locality they are situated in, and also on various works on climate. The description given in every case I have been most careful as to its correctness.

I trust the work will be found useful to the busy practitioner, ship-surgeon, voyagers and invalids who wish to find reliable information without the trouble of searching through a large volume.

Some medical writers have advised me to publish "Sea-Sickness" separately, but as we live on an island, and are bound to cross the sea to journey to the majority of health

resorts, I think the starting point is to prevent that very troublesome malady.

In conclusion, I tender my sincere thanks to the reviewers of the Second Edition for reviewing it in so excellent and complimentary a manner; I trust they may even find more merit in the Third Edition.

THOMAS DUTTON.

Craven House,
Northumberland Avenue, W.C.
September, 1892.

PREFACE TO THE SECOND EDITION.

THE unexpected popularity and rapid exhaustion of the first edition of this work has induced me to carefully revise and expand the matter into book form.

At the suggestion of my medical confrères I have likewise added a chapter on "Voyaging for Health," a remedy which only requires to be joined with a rational treatment and accommodation to insure its wholesome popularity.

Some few of my friendly patients have indulged in a little raillery that whilst writing on the "cure," I should have brought forward cases, which like those of my own, could not be brought under immediate control.

Well, my friends, I have to tell you, one and all, that medicine is an inductive science and a painfully laborious one too. The mountain tops of science are rarely or never reached by a straight path—many and

devious are the windings and many the slips on the undiscovered steps. My case, and those like it, were all early experiences in the conventional text book and popular line, before I had dared to take (so to say) the rudder into my own hands, in the hope of discovering better prospects.

That I have succeeded in finding a method of effecting a preventive, and that too on rational principles I am satisfied, and place it openly before my readers, in the hope that they may be able to meet the "enemy" sea-sickness, with the same nonchalance as I do myself at present.

In conclusion I may add that I have, owing to the powerful character of some of the drugs recommended, thought it prudent to leave the quantities to the judgment of the medical practitioner, whether on land or sea, who will vary the quantities to suit the accidents of age, sex, temperament and idiosyncrasy.

THOMAS DUTTON.

Craven House,
Northumberland Avenue,
London, W.C.
March, 1891.

SEA-SICKNESS.

CHAPTER I.

General Remarks.

Sea Sickness, or *mal-de-mer* of the French, is a complaint which has been known from time immemorial. It has been in all ages a sad curse to the enjoyment of the beautiful ocean, and has prevented many from knowing what pleasure can be derived from a trip on the sea. Ordinarily, when one has got over all the unpleasant sensations known as sea-sickness, the appetite at once improves, the muscles of the body become elastic; and the pure air, untainted by the vile products of cities, and saturated with ozone, so invigorates the nervous system that life seems a pleasant dream and worth living for. How sad it is,

Sea-sickness.

After sea-sickness.

Cure for sea-sickness.

when one thinks of the good that may be got out of a sea voyage, that something had not long ere this been discovered to prevent or cure all the unpleasant symptoms known as sea sickness! The fault, however, is not for the want of trying; for nearly every contrivance has been invented to prevent them, and nearly every drug in the pharmacopœia has been tried to cure them; but, alas! without any great benefit; and now here we are, in the nineteenth century, as well prepared to face a sea voyage as our great-grandfathers were. The Calais-Douvre is a failure; the several kinds of swinging apparatus are useless. Steamers of enormous tonnage were hoped at one time to do away with them; so they do, when the sea is only slightly rough; but let a storm come on, and experience has proved them worse than the smaller ones. In a large steamer the symptoms are delayed; but, when they do come on, they last longer. In a small steamer the attack is quick, severe, and over sooner. *Those enormous mail

Calais-Douvre.

Disadvantages of large steamers.

* I have been informed that nearly all the disadvantages have been remedied in the latest built steamers.

steamers, which carry large numbers of passengers, have great disadvantages, viz., the horrible smell that arises from the cooking galley, and the oil used for the machinery, &c. English people certainly suffer far less than most nations, for the simple reason that many are in constant contact with the water from their youth. People who suffer most are those who live hundreds of miles from the sea, and who have never seen it before starting on a voyage. I remember once taking a number of German emigrants to New York, who had been "*exported*" from the centre of Germany in a miserable condition, and who had never beheld the "*mighty deep*" until they came on board. It was really a sad sight to see the poor creatures suffer in the miserable berths allotted to them. What with the sea-sickness, depression of the circulation due to it, the depression of mind from leaving their native land, the bad accommodation and food, their lot was a hard one, and a very melancholy one to deal with. Strange to say, regular sailors are very selfish and cruel with regard to sea-sickness, and seem

English suffer less than other nations.

Regular sailors and fellow-voyagers have no pity.

to reason from a despicable selfishness that because they have mastered all unpleasantness long since, they need not feel for other helpless beings. Fellow-voyagers also show this callous feeling; so they have only the "doctor" to look to for sympathy. *Sea-sickness is something like the toothache, which people make a joke of until they have it themselves.* I think I can claim to be a fit and proper person to be the author of this little book; for I have been round the world more than once, and have been more or less constantly at sea. I have notes of thousands of cases of sea-sickness to draw experience from, yet, although I am an old sailor, I have never mastered my own tendency to sea-sickness; for after being on *terra-firma* a few weeks I am sure to become a victim, as if a virgin to the wave, without I have recourse to my own treatment. I have never lost a case; but from my notes I find two nearly succumbed to the dreadful malady — one an Italian dentist, who was ill all the way from London to New York, and did not keep in his stomach anything longer than ten minutes

Author's experience.

No fatal cases.

during the ten days' passage; the second, a Scotch lady, who was sick, without hardly an interval, from London to New Zealand. She got so depressed, weak, and thin, that I was greatly alarmed at her condition, particularly when the muscles of deglutition became so exhausted that they were unable to respond to the bolus. We arrived at Wellington in forty-two days, after a fair passage, where we stayed some days. She picked up a little, but on the voyage from Wellington to Port Chalmers she was as bad as ever. I am afraid fair Scotland will not see this lass again, for she declared that perpetual exile was preferable to the misery of a return voyage.

False teeth.

Strange as it may seem, even misery at times yields its share of fun; for on one occasion a gentleman came to my cabin one morning, and said, "*Doctor, what a splendid dentist sea-sickness is! Why, I had the whole of my teeth pulled out at one vomit!*" Mr. F. Sleep, L.D.S. (of Plymouth and London), and Mr. A. T. Girdler, Regt. Dentist (of London), both inform me that it is not an

unusual thing for people to lose their false teeth at sea. Let those who possess them take the hint and make a note.

Vomiting most prominent symptom.

The vomiting is the most prominent symptom in sea-sickness. First, all the food is thrown up; then Nature, in her goodness, at once steps in, and a large quantity of saliva and gastric juice is secreted, which doubtless is intended to digest the food. This also is thrown up; after that, bilious matter is ejected; and with this, if the vomiting is very severe, blood. People, however, who are suffering from chronic gastritis or ulcer of the stomach, may throw up blood at once. These several symptoms enumerated do not take place without bad effects. They throw nearly the whole of the organs of digestion and circulation out of gear; that is why it is so important for voyagers, who suffer much, to be very careful for a few days in both their food and drink, or else other diseases will very possibly supervene.

Causes.

The causes of sea-sickness are not fully understood, and therefore much guess work has been made on the subject. I will enumerate the opinions of several scientific men, &c., for the interest of my reader.

(*a*) Dr. Chapman considers it due to an afflux of blood to the spinal cord. Dr. Chapman.

(*b*) That rolling or heaving disturbs that feeling of the relation of the body to the surrounding objects. General opinions.

(*c*) That some great disturbance is caused, through the foreign motion of the vessel to the body, to the vaso-motor nervous system, and which produces such manifest depression of the circulation.

(*d*) Displacement of the abdominal viscera.

(*e*) *Psychical.*—According to which all the symptoms are produced through the action of certain sensory organs upon the consciousness, giving rise to uncomfortable or unwonted sen- Professor Rosenbach

sations of disturbed equilibrium. The theory of disturbed equilibrium, according to which the permanent disturbances of equilibrium act as painful irritations to the contents of the skull and of the abdomen, and are thus causes of the phenomena. The theory of the disturbance of the circulation, according to which the disturbances of equilibrium and the swinging motion of the body produce circulatory disturbances in certain parts.

Dr. Graily Hewitt.

(*f*) Dr. Graily Hewitt has lately performed some experiments which point to sea-sickness being due to visual impressions, and which would seem conclusive, if it was not for the fact that blind people are sea-sick. The experiments corroborate my theory as to its being due to the "liver" and "stomach" being out of order, for we know when these conditions are present any visual impressions will produce sea-sick-

ness as well as sickness when riding in a carriage or going by rail.

(*g*) The author believes it is caused by two distinct disturbances, being an afflux of blood to the brain, and a disturbance of the digestive system.* The stomach is generally full; its contents get shaken about, and digestion is stopped; then fermentation sets in, and the undigested fermented food is thrown off by an effort of nature. The symptoms, when produced, are due to the absorption of bile into the circulation through the mucous membranes of the stomach, which is very much inflamed, and also through irritation of the gastric nerve; hence headache, depression, and vertigo. Secondly, it

The author.

* I am fully convinced, after carefully going into some two hundred and fifty cases of sea-sickness, that people who suffer from indigestion are nearly sure to suffer from sea-sickness.

is due to congestion of the brain,* through the excessive pressure on its contents, with headache, vertigo, depressions and nausea coming on before the vomiting. We ourselves often supply, or make worse, these different causes. I will give an example, which will illustrate my meaning.

Causes made worse by ourselves.

Examples. A young man is about to go abroad. He of course must see everyone and nearly everything before leaving: so, for a few weeks before his departure, he lives a life of thoughtlessness, eats and drinks far more than is necessary, and lands on board suffering from catarrh of the stomach and congestion of the liver, and just in the proper condition to receive a terrible recompense. The consequence is, instead of having an enjoyable and healthful passage, he has a

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* Miss M. L. S. writes: "I am sure it is most valuable, and would be a great boon to sufferers. I see that you treat the brain (?) I am sure you are right."

most miserable one, and it takes him the whole time to get himself right again.

The young lady does not indulge in alcoholic drinks and other high living, but she makes up for it by an extra quantity of cake, sweets, and "afternoon tea," and all such delicacies as are supposed to foster sweet remembrances.

Professor Rosenbach as to theories.

(*a*) Some women begin to feel uneasy from the beginning of the voyage in perfectly smooth conditions of the surface; they are pale and have no appetite. There is a certain dread also. It is questionable if they are cases of sea-sickness. Perhaps they represent the purely psychical form.

(*b*) In another variety there is a general irritation of the nervous system during the whole voyage. The digestive organs are unfavourably affected. This series forms a transitional variety; slight motions of the vessel affect sensitive persons and produce sickness, with general

loss of appetite, indisposition to move or speak, and painful sensations in the head and abdomen.

Professor Rosenbach as to psychical theory.

1. That the sight of the pitching vessel and of the up and down motions of the vessel favour the recurrence of sickness.
2. That the abnormal effects do not occur with the eyes shut.
3. That sleepers generally escape. This conclusion Professor Rosenbach rejects.

Results of Dr. Graily Hewitt's experiments.

Dr. Hewitt found that the result of these experiments was (*vide* page 8) that persons operated on who were in the habit of suffering from sea-sickness, marked discomfort was produced within ten minutes or a quarter of an hour, during which the swing and the mirror were both in motion.

Dr. Hewitt does suggest this as a remedy, so that people who intend to take a sea voyage might practise it daily for some time before undertaking the voyage, so as to enable them to get accustomed to visual impressions.

Dr. Hewitt's apparatus.

The apparatus employed consisted of a mirror, 6 feet by 4 feet 8 inches, hung almost vertically by cords attached at the upper right-hand and the lower left-hand corner. The mirror thus allowed of being oscillated on its oblique axis by means of a small cord attached to the lower right-hand corner. The mirror was hung with the bottom about one foot from the ground. The frame and edges of the mirror were hidden by a curtain of a dark material, and the curtain was further so arranged that the individual seated in the swing was unable to see the sides of the room or any fixed object.

The swinging platform measured 4 feet by 2 feet, was provided with a seat, and, as already stated, suspended by ropes passing over pulleys. Two assistants—one on each side of the swing—were employed to move the swing in the required directions. The weight of the subject of the experiment being properly compensated, it is thus possible to move the platform up and down, from side to side or backwards and forwards,

or to combine certain of these motions as may be required. The swing platform was so placed that when seated in it the subject was about five feet from the mirror, and the face corresponded with its centre.

From Professor Rosenbach's (Breslau) "Studien uber die Seekrankheit."

1. Malady commences as soon as the vessel pitches, that is, rotates on its transverse axis.
2. The rolling, that is, rotation on its long axis, is less severe, but the combination of the two is very unfavourable.
3. The phenomena appear more quickly, and are more severe the further the patient is from the middle of the ship.
4. Persons sleeping are attacked, also small children and animals. In small boats without sails very sensitive persons may be affected; when sails are used sickness is more likely to occur.
5. A moderate amount of food in the stomach, and a small quantity of alcohol, is more likely to act as a preventive than an empty stomach.
6. The horizontal position on deck acts in some degree as a preventive.
7. Anxiety and apprehension precede sickness; a certain exhibition of energy and apprehension precede sickness; a certain exhibition of energy and resolution may,

in short voyages, and with slight vessel motion, combat the tendency to sickness.

8. There are two categories of the affection dependent on individual predisposition. In one the head, in the other the abdomen, is principally affected. Cases where both are affected are common.

The action of visual disturbance in inducing the sickness he considers very important, but only secondary as factors in the result.

That the sufferer may be roused from sleep in a full paroxysm of the attack; that children at the breast, and horses, who in their boxes do not see the movement, also suffer; these facts prove, the author states, that the external mechanical influences alone must be the cause of the sickness.

Circulation disturbances the author rejects. Backward travelling may produce illness, pains, even vomiting. The effects of rapid upward or downward motion have been particularly experimented on by Prof. Rosenbach, in the rapidly moving American elevator. It is found that in ascending with the eyes closed, no noise being heard, there is experienced a peculiar feeling at the

epigastrium which goes off during the rise, say of four or five floors, but reappears the moment the elevator stops; the same sensation is felt when the elevator moves downwards.

Further, the author is led to the conclusion that the complex symptoms of the sickness are due to the molecular disturbances produced by rapid movements arising from sudden change of direction of the motion, whereby a severe intra-molecular shaking and irritation, primarily acting on the cells and the protoplasm of particular organs, is produced. The immediate transition from one movement to another movement in a different direction is assumed to be the cause of the disturbances experienced.

Symptoms.

Sea-sickness not a complaint or disease.

Sea-sickness is not a complaint or a disease; it is a peculiar set of symptoms, manifested on certain persons when subjected to the pitching and rolling (more so the former) motion of a vessel at sea. The

same symptoms are often felt by some people, particularly children, when journeying by train or a vehicle, so we may have train-sickness, carriage-sickness, &c.* Giddiness, nausea, vomiting, depression, and coldness are the most prominent symptoms; but thirst, intermittent action of the heart, spasms, suppression of urine, constipation, rigors, faintness, despondency, and frontal headache are always more or less present, or sure to come on, if the sickness last. The first signs are those familiar to the "naughty" boy, who first uses his father's tobacco; the only difference being, whereas vomiting gives permanent relief to the amateur tobacco smoker, it only gives relief for a short period to the voyager.

Train and carriage sickness.

Prominent symptoms.

Symptoms same as the first pipe.

The best cases are those where the symptoms come on quickly after the vessel is in motion, and the vomiting is severe for a time only (stomach causes). The worst are

Best cases.

Worst cases.

* Many patients have consulted me for these disagreeable complaints, and I have successfully prevented the occurrence of the sickness by similar treatment as I prescribe for sea-sickness.

those in which the urgent symptoms do not come on from one to three days (brain causes); but in such cases the symptoms of giddiness, nausea, depression, headache are experienced long before the vomiting. I always pity a young fellow, who has perhaps passed through the Channel safely, and begins to boast that he is never sick. Alas! alas! for him, when this miserable creature is lying prostrated on the deck a few days later.

Treatment and Prevention.

No absolute specific.

Quack remedies.

This is, of course, the most interesting part of the subject to those who suffer so fearfully from this miserable complaint. I regret, however, to say, at the commencement, that there is no *absolute specific* for it; and doubtless my remarks upon the cause will have led the reader to surmise that I should make this statement. The many quack remedies, which have been lauded and advertised everywhere, have all failed in my hands; yet when one considers that the remedies are not taken before the stomach is full

of sour, fermented gastric juice and saliva, and intermixed with half-digested food, is it surprising that the few grains or drops administered are lost, if not at once vomited with this acid mixture, and are never absorbed at all? for it must be borne in mind that nature secretes enormous quantities of saliva and gastric juice at these times. How often have I laughed, when some good-natured lady has brought, from a sacred bottle, some powder—about as much as would cover a sixpence—and, with a serious and believing face, asked me to allow her to give it to the "poor creature," for she was certain it would relieve her sufferings at once. Down went the powder, and generally "*up it came again*;" but, if more fortunate, its chemical composition was entirely changed, or it was made inert, from dilution in the mixture of bile, saliva, gastric juice, and undigested food. Sometimes these remedies do good, when given after the patient has been vomiting for some hours, and the stomach is nearly empty; but at such times I have always found the best remedy is to give the patient one drop of pure

The good natured lady and her specific.

chloroform in two ounces of soda water, every half hour until relieved, and a mustard leaf placed over the gastric region for fifteen minutes. My object, however, in writing this book, is to prevent sea-sickness, or at least alleviate it to such an extent that it will not be more dreadful than a morning headache and a vomit. To accomplish this, the treatment must be begun *at least a week before starting for a voyage.* I will give you the treatment prescribed by myself, and faithfully followed out by a lady before making a third voyage to India. On the two previous voyages she was sick nearly the whole way across. On this voyage, however, after the treatment I purpose giving, she was only sick for about two hours, and was down at breakfast the second morning. "The voyage," she writes, "was a pleasant one. I enjoyed my food thoroughly, and I am much improved in health, thanks to your rational treatment." She was a very bilious subject, and suffered from constipation. The treatment was begun *fourteen* days before

Prevention or alleviation.

Treatment to be begun before starting.

Treatment as prescribed in a successful case.

she went on board.* The diet, which is a very important factor in the cure, consisted, during this interval, of fish, soup (clear without fat), boiled and roast meats (except pork and veal), poultry (except geese and ducks), light vegetables, stewed fruit, with custard, whiskey and light wines. Cocoa and fresh-made tea were allowed. Fats, rich entrées, all kinds of pastry, plum cake, sweets, thick cocoa, strong coffee with milk, beer, heavy wines, hard and undigestible vegetables were to be avoided.

A pill composed of Podophylli Resina, Euonymin, Pepsin, Ext. Hyoscyamus, one to be taken every night, and a glass of saline water twice a week before breakfast, and regular daily exercise. Three days before going on board the following medicine was prescribed:—Amm. Bromid., Sp. Amm. Ar., Sp. Chloroformi.

* A diet card, carefully supervised by an experienced dietetian, will cure indigestion and congestion of the liver, which are often the main causes of the sea-sickness—*vide* the author's work on *Indigestion clearly Explained, Treated and Dieted, with special remarks on Gout, Constipation and Obesity.*

On the morning of embarking her general health was much improved, in fact, she declared she never felt better in her life. The dose of the bromide of ammonium was increased, and instructions given to reduce the quantity daily, if the sickness had stopped, until the dose was 5 grs.; this small quantity to be taken for a week and then discontinued.

Bromide of ammonium a specific.

Experience has taught me that, if there is a specific for sea-sickness it is bromide of ammonium* when administered in sufficient doses and properly, *i.e.*, when all the organs of the body are in a healthy state, and then at the proper time, viz., as described above. It acts as a sedative to the brain and the general nervous system, and so prevents a disturbance of the vaso-motor system and an afflux of blood to the brain and spinal cord. Further, to prevent any recurrence of the symp-

* The Rev. E. J. B. writes :—"I have tried the former treatment on p. 8 (first edition), for a twenty-two hours' voyage to Ireland and back from Liverpool. I felt no effects of sea-sickness, which I think I should have done without your treatment, as I am a great sufferer at sea."

toms, and to save the digestive system from getting out of order again, she was ordered to take 10 grs. of malto-pepsin after every meal; to avoid the ship's food, and, in its place, take strong essence of beef, dry biscuits, and whisky or brandy with soda water. Surely the little trouble and self-denial incurred in carrying out the treatment is amply repaid by the result.

Invalids do not have scientific advice before starting, *re* sea-sickness.

I have constantly had invalids, suffering from phthisis and various nervous disorders, placed under my care, who have had any amount of scientific advice as to the disease they were suffering from, but none as to their general health and sea-sickness; so the consequence was that, instead of benefiting by the voyage, they were landed in a worse condition. It is a most difficult thing to get a patient well on board ship, when the organs of the body are not in a healthy condition; and the reason is easily understood, when we remember that the motion of the vessel itself tends to make even the strong weak, and the healthy unhealthy. I have given the treatment prescribed in a large number of cases,

with most agreeable results, and if, in addition to it, the voyager contents him or herself with a diet of bovinine, hard biscuits, and tea made specially, for a few days, a comfortable and pleasant voyage may be assured, and the maximum of good got out of it.

Passengers should not trust to catering of the ship.

Passengers who suffer from biliousness or sea-sickness should never trust to the catering of the ship, but should always provide *themselves* with suitable remedies. I can never understand why the companies, who carry so many invalids, should not properly provide for them. The dietary on most ships, no doubt, is equal to the first-class hotels, but it is far too heavy and "greasy" to suit most people. I have often tried to find out, but without success, why the cooks consider a quantity of fat so necessary with every course. The soup generally makes a man "out of salts" heave at once, whilst the *entrées* fairly rush him out of the saloon. Tea—a most refreshing beverage—is an article one can seldom get good on board, although a most essential drink for those who are convales-

Dietary too greasy for invalids.

Tea.

cent.* The concoction served out as tea is a black, bitter kind of liquid, without any flavour of tea about it, but a strong taste of "tannin." It is very easy to get over this difficulty by providing oneself with a proper little teapot for making it. Boiling water is easily procured on board. Strange to say, stewards and stewardesses, although they have had much experience in sea-sickness, generally make their passengers worse, and even undo the little good the surgeon may have done, by advising them to eat a good meal, bringing them this and that, persuading them to take a little. One thinks bottled stout a certain remedy; another (sour) champagne; and yet another, brandy and soda—all of which the ladies (generally) try to take, with the result that they get worse than ever. I think there is nothing so disgusting as to *persuade* anyone to eat food, knowing

Patients made worse.

Foods should not be given until vomiting has ceased.

* I have been told that the tea on board some Companies' ships is now much better; perhaps the manager has read "Sea-sickness." I am sure the managers only want the matter plainly brought before them for it to be remedied.

that the same will be vomited immediately; and it does not require much common sense to know that Nature, by rejecting food, plainly shows she cannot digest it. I know the answer most people will give is that, in common parlance, "*they want something to bring up*," and the vomiting is more urgent when the stomach is empty. I agree with them; but surely a little iced soda water, when returned, is far more pleasant to the palate than acid champagne and stout, when mixed with bile, &c.

Treatment for a short voyage.

The reader who only contemplates taking a short voyage will doubtless think that there is nothing so far likely to be of any service to *him*, as he cannot prepare himself every time he is going a short voyage—say, of not more than twenty-four hours. I will, however, now give the treatment that most short trippers will find effectual. The night before going on board let him take three of the pills before prescribed; the next morning a full dose of some effervescent saline, and about one hour afterwards a draught composed of Amm. Bromid., Sp. Chloroformi, &c. Let

him stay on deck until the first feelings of sea-sickness come on (not a minute longer), then hastily throw himself in his berth and take another draught in a little soda water, and lie still on the back with the eyes closed, and he most likely will land without any bad symptoms at all. I need hardly add, after what I have written, that the diet the day before should be very plain and simple.

Many a poor voyager will have this book placed into his hand, perhaps, after having suffered all the miseries of sea-sickness for some hours, and greedily look for consolation therein.* I regret, however, to tell the inquirer that nothing can be done to *instantly* stop the sickness; but the following mixture composed of:—Amm. Bromid., Acid. Hydrocyan. Dil. Sodii Bicarb., Aquæ Chloroformi, might be taken every hour. Nothing but bovinine, dry biscuits, soda or seltzer water, with a little brandy or whisky, should

Voyagers who get the book too late.

* I was told rather an amusing story by a wag of a ship's surgeon. He said last voyage two saloon passengers were sitting on deck reading "Sea-sickness," and bemoaning their fate in not having bought it sooner.

be taken, and these only when there is an inclination to take something. *The best position is the recumbent one, and it should never be left until the sea-sickness is stayed. Then the patient, just having a dressing-gown on (any effort to dress in a small cabin is sure to bring all the symptoms on again), should make a hasty rush to the deck, or, if too ill to walk, be carried there (a pretty, fair patient will have plenty of volunteers), and lie in a recumbent position on a deck-chair for about one hour and a half, and then go back to his or her berth (which should be, in the meantime, well aired). It is a great mistake to suppose that being on deck all day does an invalid good; for the air at first is too strong, and the change from one position to another gets a person sooner used to the vessel.

Not advisable to stay too long on deck.

Effort of will.

It is absurd to suppose that anyone can stop sea-sickness by an effort of will. This is a very common fallacy. The brain has a great power over the rest of the body, and

* Patients should wear "smoked glasses" to prevent visual impressions, and get the eyes used to the motion of the vessel.

can be brought into use in nearly every disease, and with very beneficial effect. When a person, about to go to sea, convinces himself that he has followed up the treatment indicated, even should sickness come on, it will not last long; the usual mental depression will likewise go away, then the "effort of the will" will have great power in controlling foreboding symptoms. Our patient has then courage and appetite enough to take medicine, food, go on deck, take a cheerful view of everything, and in many ways indirectly prevent "acute sea-sickness" from developing to a "chronic" form. Unfortunately, even if my treatment is carried out to the letter, there will be some solitary cases that will not derive very much benefit from it. In such cases symptoms alone must be treated. The treatment, however, laid down, if honestly followed out, is sure to do great good. Moreover, I have tried the treatment constantly on myself, with the pleasant results that I have had no feeling of sea-sickness whatever. Indeed, if no previous treatment in such cases has

Some cases cannot be benefited.

been taken, the symptoms will surely be intensified.

Patients are advised to try the author's treatment first.

Patients should certainly try the treatment given before they have recourse to any other, but should it unfortunately not have the desired effect, I will now add, in answer to questions asked, a list of several useful drugs and foods which I have tried with success, and further opinion as to their virtues.

I will now conclude my remarks on treatment by enumerating these several useful drugs, &c.

DRUGS.*

Ice.

Most useful in nearly every symptom of sea-sickness. With soda or seltzer water and one drop of pure chloroform, nearly a specific, very valuable to relieve the dreadful thirst that comes on in sea-sickness.

Ice bag to the spine.

Is Dr. Chapman's treatment. I have found it useful, combined with other treat-

* The author will be greatly obliged to ship surgeons or voyagers who find any of the drugs mentioned do prevent sea-sickness; if on the contrary, under what conditions were they given.

ment. I will refer my readers to Dr. Chapman's interesting paper on the effect of ice to the spine and to the sympathetic ganglia.

Chloroform (poison).

Doses in effervescent iced soda water. Often a specific, when taken after nearly all the food has been vomited.

Bromide of ammonium.*

The most useful drug we possess in sea-sickness, and, when taken under proper conditions, may be considered a real specific. It diminishes the sensibility or the reflex irritability of the pharynx, contracts all the blood vessels, producing anæmia of the brain and spinal cord. It is, therefore, a true nerve sedative, and prevents congestion of the brain. The ammonia seems to counteract the depressing effect of the bromine.

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* Dr. G. C. T. writes: "My wife is a fearful sufferer at sea; I tried the bromide treatment, and she had a pleasant voyage across the Channel; I also, to test the treatment, took Mrs. T. for some hours fishing without any sign of sea-sickness."

Dr. R. H. writes: "A lady residing in Vigo, who had made the voyage several times and dreaded it more each time, escaped altogether by the bromide treatment, greatly to the surprise of her husband, who found her on deck quite happy when the steamer arrived, instead of in her cabin prostrate."

Bromide of sodium has not answered nearly so well in my hands as bromide of ammonium. Bromide of ammonium often fails from the preparation being *stale*, or kept in a bottle not air tight.

Hydrate of chloral (poison).

Is recommended by Liebreich, and can be combined with the bromide of ammonia to produce sleep.

Nepenthe (poison).

A most important drug; 10 to 60 drops will nearly always produce sound and refreshing sleep (without any bad after-effects), so important to those who have become exhausted by sea-sickness. Patients are strongly advised to consult the surgeon on board before taking this drug.

Hydrocyanic Acid dilute (poison).

DILUTE PRUSSIC ACID is also a useful drug, as it acts as a direct sedative to the nerves of the stomach. It is better to mix it with other drugs. A prescription composed of the following drugs is most valuable for patients who have reached the second stage of sea-sickness :— Amm. Bromid., Sp. Amm. Ar., Acid. Hydrocy. Dil. P.B., Nepenthe Aquæ Chloroformi.

Tincture of Iodine (poison).

TINCTURE OF IODINE in drop doses I have

found to be of great utility, and have often found it effect a cure even when given after the sickness has commenced.

NITRITE OF AMYL.—A dangerous drug to meddle with without medical advice. I used it much some twelve years ago. Half a minim, dissolved in twenty of spirits, and a drachm of water should be taken every hour. Nitrite of Amyl (poison).

COCAINE is also a valuable remedy, and can be taken made into pastilles. Cocaine (poison).

This has been lauded by some, but in my hands I have never found it of much use. It can be taken in drop doses every hour. Creasote.

OXALATE OF CERIUM, in small doses, does sometimes act in a speedy manner, especially in pregnancy; but it is one of those drugs that little dependence can be placed upon, for it is often given without any good results at all. Oxalate of Cerium.

Passengers should carry a supply of this with them, as "acidity" is a general complaint at sea, and always after sea-sickness. Ten to twenty grains, taken in a wineglassful of water, on rising, will prevent this. Bicarbonate of soda.

Is of use in those dreadful sick-headaches Caffeine.

that people suffer from on board, even when not sea-sick. Two to five grains in half a wine-glassful of sherry often acts like magic in its effect.

Antipyrin. ANTIPYRIN is also of great service, in five to ten-grain doses, in similar cases.

Kola paste. KOLA PASTE has been tried during the last few months, and praised as a remedy. I have little faith in it. It can be taken in drachm doses.

Eucalyptus rostrata. EUCALYPTUS ROSTRATA.—Mr. W. M. Russell has given this drug with great success in the form of lozenges, each containing one grain.

Chlorobrom. Dr. M. Charteris has lately strongly recommended chlorobrom; it is a combination of chloralamide and bromide of potassium. He gives certain rules to be followed before undertaking a voyage, similar to those given in this work. Chlorobrom produces sleep.

Mechanical prevention. (1) By* fixing the eyes on some object away from the vessel, or (2) by completely and con-

* I always recommend my patients to provide themselves with smoked glasses, and to wear them when on deck. Many have written, saying what comfort they had found them, and they really thought they prevented sickness when on deck.

tinuously closing the eyes, and thus for the time abolishing the exercise of the sense of vision. (Dr. Graily Hewitt.)

FOODS.

Since the first edition of this work was published I have had brought under my notice a preparation known as "bovinine." I have given it a trial of over six months, and can speak in the highest terms of the results. It is just the very thing wanted for sea-sickness. It is "already made," and the patient has only to measure out ten drops in a wine-glassful of cold water, or soda water, and take it every hour, increasing the dose up to one teaspoonful as recovery from sea-sickness takes place, or is prevented, as the case may be. No other food is required. I have tested it in every way, and believe it to be prepared on sound scientific principles. Anyone can testify that it is extremely rich in albumen by putting thirty drops in an ordinary test tube half full of water and applying heat by means of a spirit lamp, it will become nearly consolidated. Bovinine

Bovinine.

must accordingly be regarded as a food of high value, serving as a valuable nutrient, and what is equally important, capable of easy assimilation.

Tea.* Is a beverage that cannot be dispensed with on board ship. It is a most refreshing drink for those who are prostrated by sea-sickness. Unfortunately, what is called tea, and brought you by the stewards, is a horrid mixture having no resemblance to tea. Tea should be made by yourself, with boiling water from the pantry, and it should only be allowed to remain on the leaves four minutes.

Champagne as a specific. This has doubtless been lauded too much. People like it; and passengers think it looks important to carry a small bottle of champagne to a fair invalid. It is perfectly useless at the commencement. If good and "dry" and iced it is very useful in the depressing and exhausting stages, and also in the convalescent stages.

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* The author goes very fully into the subject of tea and coffee in "*Digestion and Diet Rationally Discussed.*"

A capital medicine to bring on sea-sickness,* and make all the symptoms worse. A very good tonic for people with healthy "livers" when the motion of the vessel is conquered. Stout (bottled).

GINGER ale is a capital beverage for sea-sickness. I have it on no less authority than that of a bishop that it actually prevented it. I can strongly recommend it as a drink during such periods. The ginger certainly seems to have a soothing influence on the mucous membrane of the stomach. The brand I always recommend is the "Belfast" ginger ale, "*pale and dry*," manufactured by W. A. Ross & Sons, Ltd. Ginger Ale.

* Dr. C. Maybury, D.Sc.Lond., writes: "Stout and cheese (neat)—no breakfast—about 11.30 a.m., and position in centre of steamer on deck, enabled me to get across Atlantic with comfort, but then I can digest anything."

CHAPTER II.

Voyaging for Health.

At the onset, I may remark that bad advice has tended much to undermine the confidence of the general public in trusting to the sea "as a therapeutic agent." To order, off-handedly, a sea-voyage to a patient suffering from the mental depression brought on, perhaps, by sorrow or suffering, is in many cases, but to write out a sentence of death.

Sea as a therapeutic agent.

Truly no better legal process could be invented for the unscrupulous disposing of those chronic cases which strain our best abilities to the utmost. Having been asked by many of my medical friends to write a chapter on the above, I feel I cannot do otherwise than comply with their request, considering it, as I do, a great compliment to my practical experience on the subject.

No physician can give advice on this subject, which is worth a fee, unless he has been a sailor himself and has been to the actual places he recommends; nor will any amount of reading be sufficient to dispense with practical experience. Imagine a physician sending his patients to any place,* relying on what has been written and circulated by agents. I maintain, therefore, that it is a *sine qua non* to consult a physician-traveller, who, "*knowing the ropes*," as the saying is, will be enabled to give sound advice.

Physicians who give advice should have practical experience of the sea.

I once met a gentleman, very far advanced in consumption, going to New Zealand *viâ* the Cape, who had no thick clothing with him, because the physician he consulted—one, too, of some standing—told him he would have warm weather the whole way.

A result of careless advice.

The sea, too, with its abundance of *ozone*,

Benefits of sea air.†

* Invalids are advised in every case to consult a practical physician before starting on a voyage for health, as no book can contain sufficient information to be available for every case.

† "Sea air stimulates the appetite, improves digestion, assimilation, secretion and excretion. The glandular follicles and organs of the alimentary system

makes it *par excellence* the most valuable of tonics, and a restorative which invalids may fearlessly indulge in from sunrise to sunset, and breathe pure fresh air all the time, and air in constant motion, which is impregnated with salts of sodium, bromine, and iodine, &c., all of which are beneficial to the digestive system.*

Rest. Continuous rest is, too, a splendid restora-

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are awakened to a high state of functional activity. Relaxed muscular tissue becomes firm, the heart is invigorated, the circulation is carried on more actively, respiration is deepened, the pure air inhaled promotes a quickened oxidation and tissue change, the skin grows soft and blooming, the tone of the nervous system is raised, and a cheerful state of mind induced. The traveller gains flesh and strength, sleep is sound, lassitude vanishes, and irritable nerves become firm. A portion of this improvement is doubtless to be attributed to the companionship and amusements on board and to the daily and nightly spectacles of sea and sky." —Dr. J. V. SHOEMAKER, *U.S. Lancet, July 23rd.*

* "The constipation which troubles so many without seriously undermining the general health, yet which produces a muddy complexion, engenders headache and dulls the mind, generally yields to the improved nutritive conditions caused by breathing sea air. The secretions are augmented and peristalsis excited. It

tive; no post or telegrams to bring bad news and depress the spirits, no business or family troubles; one long day of peace, with plenty to amuse you, and generally brilliant sunshine (the universal tonic of animal and vegetable life), without clouds. Then again the voyager has the benefit of sea baths at any temperature. I believe in sea water being a powerful restorative, particularly for scrofula. Unfortunately there are also attendant drawbacks, which, however, have nothing to do with the sea, but with the ship, captain, and owners. They may be

Sea baths.

Some draw-backs.

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is well known that many forms of cutaneous disease are excited either directly or indirectly by chronic indigestion. The toxic products of imperfect metabolism thrown into the circulation act, in some cases, as specific poisons to the skin, its appendages, nerve-supply, vascular, or absorbent system. To remove the cause has from time to time been recognised as the first step in therapeusis, and in consonance with this axiom, when a few days' travel upon the ocean has ameliorated the indigestion, acne, seborrhœa, eczema, psoriasis, and paræsthesia are often more speedily and rapidly benefited by a sea voyage than by the most competent and elaborate advice and use of the most approved remedies while the patient remains at home." —Dr. J. V. SHOEMAKER, M.D., *The Lancet, July 23rd.*

few, but they are potent withal, viz., dust, dirt, odour of oiled machinery, ceaseless grind of the engines and vibration of the screw (these, I have been told, have been remedied in the latest steamers), some stewards who do not know their work and a brute for the "captain."

To enjoy a pleasant voyage.

To have a pleasant and healthful voyage, crew as well as passengers should be happy and comfortable, and work harmoniously. How can a conscientious, kind-hearted traveller enjoy himself when he hears the master and engineer talking to their officers and men as if they were steeped in crime? I have known a poor seaman, suffering the most intense agony almost amounting to torture, and the captain simultaneously sitting at table, eating and drinking like a gourmand after having a few minutes before quarrelled with the doctor for ordering the man bare necessities. Does it not make one's blood curdle to think such a creature should have the command of men?

Considerations before undertaking a sea-voyage.

There are very many things to take into consideration before advising anyone to take

a sea-voyage for their health. I will mention a few:—

The object of the voyage and stage of the disease; position and temperament of the voyager; whether he can afford a companion or can amuse himself, and is accustomed to travel alone; particular sea-voyage suited to his case; and whether the voyage shall be done without a break, and the length of it.

Diseases benefited by a sea-voyage.

The following diseases are doubtless benefited by a sea-voyage: *consumption, bronchitis, rheumatism, gout and syphilis, nervous disorders** (caused by over-work and worry, particularly insomnia), *chorea, neuralgia, melancholia and hysteria;* but *liver, renal, and eye diseases* (other than *syphilitic*) I consider the sea harmful to. I must, however, say, generally, no patient should take a voyage when the disease is in the inflammatory stage. Invalids should be careful to provide

* Dr. J. V. Shoemaker says: "Often we do not realise how heavy has been our burden until it is temporarily removed. Rest and travel by land and sea are sovereign agencies in recruiting exhausted strength."

Medical comforts and clothes.

themselves with proper clothing, medical comforts, books, and other things to amuse themselves on the voyage, a diary, scrap and sketch-book inclusive. A list of medical comforts I have given at the end of this book. Any large quantity of clothes is not required, but these are essential, viz., two kinds of under-garments made of flannel, thick and very thin ones, to be worn next to the skin; if the skin is very irritable, silk may take the place of the light flannel, but on no account cotton or linen. A flannel-lined "reefer" pilot jacket is a capital covering for both ladies and gentlemen. Do not forget deck shoes soled with indiarubber, and, for either sex, a white helmet.* And, now, a few words about the various excursions and the climate of different countries. Concerning Europe, America (North), and Canada, *vide* appendix on health resorts. There, therefore, remains Africa, Australia, with New Zealand, South America and Asia.

Excursions and climates.

* The voyager does not want a large quantity of clothes, but only such that are suitable for the various climates met with in different latitudes.

There are some delightful places for invalids in Africa. Foremost I would name Capetown; indeed, a patient who has been under scientific treatment for consumption, and when the disease is stayed, cannot do better than take a sea-voyage to the Cape of Good Hope, and thereby avoid the English winter, there being no likelihood of having bad weather—except, perhaps, for three days after leaving Plymouth, Dartmouth, or Southampton. After getting across the bay, delightful weather reigns all the way to the Canary Islands or Teneriffe. A stay here may be made for a month or so, but look out for bad sanitary arrangements, and be prepared for bad cooking. Both sanitary arrangements and cooking are rapidly improving, and there is an hotel at Santa Cruz, where comfort may be assured. Being now used to fairly hot weather, the patient may proceed on his journey to Capetown, and in a few days cross the line, and will doubtless see Father Neptune and the Southern Cross. The tropics are a little too warm, perhaps 90° to 96° in your cabin; but with silk

Africa.

Capetown.

Teneriffe.

Capetown.

Mean Tp. 66°F.

underclothes and white duc overclothes, and nothing to do but sit in a deck chair all day, the heat is not past endurance, provided the precaution be taken not to overstock the system with heat-producing food, such as meat. A vegetable diet, with a little fish and white meat, is more consistent; neither indulge an appetite for strong drink, or you run a chance of getting heat-apoplexy, liver complaint, &c. Past the tropics the temperature gets lower, and the Cape is reached. About December and January the temperature is rather high at the Cape, being their summer. It is, however, a most interesting place, and the drives about are beautiful. Capetown has a population of over 50,000.

Cape Colony.

The Cape of Good Hope reaches in S. lat. from 28° to 34° 50′, and E. long. from 16° 25′ to 29°.

If the voyager can afford it, I should advise him not to stay at the Cape more than a fortnight, but go back to Madeira, and after a stay there, back to the Cape again, for, by so doing, he will get the utmost benefit from a sea-voyage.

AUSTRALIA, NEW ZEALAND.

A longer voyage cannot be made than to the Colonies. Your choice is either to go through the Suez Canal *viâ* the Red Sea or *viâ* the Cape of Good Hope. The way by the Red Sea* is very different as to temperature at certain periods of the year. From October until January there is not much to complain about; it is always "hottest" between February and October; it is then only fit for passengers that are strong and bent on business, not for invalids or health-seekers. *Viâ Cape* the voyage is about the same all the year round, but there is some change between London and the Bay of Biscay.

Viâ Red Sea, or the Cape of Good Hope.

Between summer and winter the passage from the Cape to Tasmania is best. Between November and March it is always cold, stormy and dismal. If in October a patient came to me for advice suffering from some chest complaint, asking me which route to take, I should say, *viâ* Red Sea. On the other hand, if suffering from insomnia, I

Cape to Tasmania.

* The ships of the "Orient Line" go through the Red Sea. These are among the most powerful and elegant afloat. A perusal of the "Orient Guide" is time well spent.

should advise the Cape route. In some cases the Cape route suits *consumption*, *asthma* and *bronchitis*, particularly if patients start from England in November, and stay at the Cape a fortnight, and prepare themselves for a cold voyage. The steamers of the New Zealand Shipping Company and Albion Line are very fine sea-worthy boats, and are not so over-crowded as those going *viâ* the Red Sea. Invalids should not return to London later than March by the Red Sea, and May *viâ* Cape Horn. The journey from New Zealand to Cape Horn is always rough, stormy, or cold and foggy: in fact, you must prepare yourself for ugly weather from New Zealand to Cape Horn. You then generally have brilliant weather, which becomes warmer as Rio Janeiro is reached. From there to Teneriffe tropical weather prevails (see Tropics). Rio Janeiro is a delightful place; it has, however, great drawbacks, most of the year being too hot, the heat often a damp heat, and yellow fever prevalent.* The worst

New Zealand Shipping Co., Albion line.

New Zealand to Cape Horn.

Rio Janeiro.

* It might be well for the voyager to make a note of the fact that two physicians at Jacksonville, S.A., have given Ross's ginger ale with good results. It acts as a tonic and stimulant.

months are November, December and January. A patient might delay his voyage from New Zealand with advantage, arriving at Rio in June, and spending a month or so at this truly interesting place, where all the beauties of Nature are heaped together.

Climate of Australia and New Zealand.

The climate of Australia and New Zealand has certainly been lauded too highly as a permanent health resort for general invalids and those with chest diseases, particularly the latter. For the traveller in robust health and fond of travelling, both Australia and New Zealand offer scenery and variation of climate of every kind and interest. New Zealand (Auckland), we are told, has only to be reached to live. According to my opinion, however, it is certainly too hot for consumptive patients in the summer and too damp and wet in the winter. I find from my diary the temperature on February 20th, 1889, was 74°; 21st, 77°; 22nd, 75°, in the shade; solar radiation 145·0, 135·0, 135·0, 128·0 respectively. Auckland is a most comfortable place: splendid hotels, good clubs, beautiful scenery, and a harbour second to

Auckland.

none in the world. My dear friend, Dr. G. T. Girdler, who had to give up a splendid practice in England, from having three attacks of rheumatic fever, told me he had not had a touch of it since residing at Auckland,

Napier,&c. and I trust his cure is permanent. Napier is slightly hotter than Auckland and towns much smaller. Wellington always stormy and windy, therefore not fit for any invalid. Port Chalmers and Dunedin no better climate than the Isle of Wight, perhaps colder. Nelson is a fine clear climate, and very suitable for consumptive and asthmatic patients. Average winter temperature, 40°; rainfall forty-five inches. Taranaki, the earthly paradise, so they say. I have never been there, but this balmy, piny place has been so praised that everything written about it should be taken *cum grano salis*.

Auckland. Patients visiting Auckland should not

Hot lakes. leave without a visit to the hot lakes; these are very extraordinary. The Maori colony, a grand race of people, is met with there in all its glory. It is here Vulcan holds high court: the earth quakes all around you,

and boiling water is suddenly thrown up from what was a still pool a few minutes before, and makes one ponder whether this island will not one day be engulfed in the bowels of the earth again, and return to its former molten state.*

Tasmania (Hobart Town) has certainly the finest climate of that part of the world, situated in the South Pacific Ocean, and separated from Australia by Bass's Straits. It lies between 39° 35′—43° 41′ S. lat., and 143° 48′—148° 30′ E. long. Mean temperature during winter months (June, July, and August) 48°. Hobart side of the island is a most lovely place; the scenery is perfect, large buildings, society good and genial, climate fine and salubrious, whilst over 100 telegraph stations, with about 2,000 miles of wire, demonstrates she is not behind the times. A stay of six months here would do

Tasmania.

* I merely write for invalids, but for the strong and temperate, who have a small capital, there is no better field than New Zealand. I advise such to read Captain Ashby's book on New Zealand, "Health, Wealth, and Happiness." (W. Ashby & Co., 26, Leadenhall Street, E.C.)

any of the diseases mentioned much good, and the whole of the winter of England avoided.

South America.

Rio Janeiro.

There is no pleasanter trip, nor a more healthy one, than a voyage to Rio Janeiro,* the capital of Brazil, the most extensive State in South America. Brazil is between lat. 4° 30′ N. and 33° 45′ S.; long. 34° 45′ and 72° 30′ W. It has a coast line on the Atlantic of 3,700 miles. No country can equal it in the number of rivers, harbours, mountain ranges and forests; the Amazon being the giant river of the world. And, lastly, no country is more interesting; all Nature's beauties are to be seen in this wonderful country. Patients may escape

* The Royal Mail Steam Packet Co. gives a first-class return ticket for 50 guineas, which enables you to see Lisbon, St. Vincent (Cape de Verd Islands), Pernambuco, Bahia, Rio de Janeiro, Monte Video (a famous health resort), River de la Plata and Rosario.

"There is probably not a more enjoyable or healthful sea trip, considering the time it occupies, than a voyage by one of the Royal Mail Steamers to Brazil and the River Plate."—*London Medical Recorder.*

the intense heat and unhealthy season by leaving Liverpool about the end of April to June. The winter at Rio is most delightful, and the Brazilians a charming, hospitable race. Starting about May, the patient may expect fine weather all the way across. The precautions under "Tropics" hold good in this voyage. After spending perhaps two months taking trips along the coast, he can return to England *viâ* Teneriffe, and stay the winter there.

Asia.

The only places to go to for the sake of health in this continent and have the benefit of a sea voyage as well, for those invalids who, although voyaging for health, desire to see something of the world before returning home, are India, China and Japan.

China.

The voyage to China is about equal to that to New Zealand. Patients contemplating taking this voyage should start about November, and leave China or Japan not later than January, when fair weather may be expected, and the intense heat of the Red Sea and India avoided. India, China and Japan are becoming of more interest to this

country every day, and although the scenery is nothing extraordinary, it is most enjoyable from the contrast to anything European, whilst every class of people present different customs and manners quite contrary to our own.

China is an enormous country, extending from lat. 40° 50′ N., long. 126° 10′ on the east, to 97° 30′ on the west. There are few places open to travellers, therefore it is well to stay at Hong Kong (a British possession), an island twenty-seven miles in circumference, at the mouth of the Canton River, 2,000 feet above the sea. November to April—climate cool, dry and bracing.

Japan. Japan is more enlightened, and English people are welcomed everywhere. Japan is said to possess a written history extending over 2,500 years, and its sovereigns to have formed an unbroken dynasty since 660 B.C. The climate being good, and the country well worth time and money to explore, a few weeks can be most comfortably spent. At Yokohama the winter days are clear, warm, but bracing and exhilarating. Some invalids,

whose purses are narrow, may only wish to go as far as India; most people have friends or relations living in some part, and to them they should at once proceed, for the practical advice of a friend living on the spot is worth all the books on the subject. Speaking generally about India, I consider Bombay, with its splendid harbour, to be the best halting point for invalids. Bombay has a splendid climate from December until February, the temperature being very equal. Mean temperature, 80° F. As may be anticipated, it is a most important thing for people suffering from diseases of the chest not to have a widely differing temperature during the whole period of the twenty-four hours. The cool, bracing breezes that come off the beautiful bay are most refreshing. There are good hotels, clubs, and every accommodation. I must confess I do not think India has had its due as a health resort for those suffering from lung and other diseases.

Bombay.

I hope every reader who contemplates taking a voyage will take this advice seriously to heart, viz., that if the trip be made

Special advice to all invalids.

Sailing vessels.

for health he should try to get the greatest amount of good out of it; neither must he keep late hours, drink too much alcohol in any form, or over-exert himself for the sake of seeing too much in a short time.

I have not said anything about sailing vessels, because I don't altogether like them; the time is gone for them—if you have your own yacht it is quite a different thing. In a steamer there is less monotony of both food and amusement for the eye, less tediousness, nor is one liable to be becalmed for days in a trying atmosphere (*vide* doldrums).

Steamship Companies and their catering, &c.

The large companies might certainly do more for invalids; cater for them, provide larger cabins, engage stewardesses who have been through a nursing course, and last, and certainly not least, employ experienced medical officers, in whom physicians could put perfect trust to carry out the treatment prescribed. Invalids must always remember we have places at home, viz., Bournemouth, Ventnor, Hastings, Falmouth and Tenby, all charming places, where the sun shines nearly all the winter; and they have two great ad-

English health resorts, *vide* appendix.

vantages over all the health resorts in Europe, viz., good sanitary arrangements and pure water, with this extra advantage, which I consider a very great one, and of immense importance, that is, they are near their friends, who can constantly run down and see them. I consider these are the proper places for invalids whose complaint is in "an inflammatory state," and the great mania for sending patients to the health resorts of Europe and Africa (except, perhaps, Madeira, which certainly has a lovely climate) is not justified, when the disadvantages are taken into serious consideration. Advantages.

There always will be a large number of people* whom we can conscientiously advise a sea voyage and a stay at the various places People who can be recommended a sea voyage.

* For these, of late years special steamers have been chartered, making trips of ten days to six weeks to some of the most delightful places in Europe. The passengers all being bent on pleasure, are generally genial and affable, having left all their bad side of human nature at home. These voyages are suited for some dyspeptics and diseases caused by worry, overwork and over-study. Notable among the owners of these steamers are the Orient Company.

named, and the number will increase yearly as worry, over-work, and over-study continue to increase, and it will certainly be to the advantage of the first great company who recognizes the fact that the trade is worth having. The only extra requirements, as I have said, are larger cabins, better ventilation, the whole of the sanitary arrangement of the vessel to be under the control of an experienced medical officer, with trained nurses for stewardesses, and special catering for invalids under the advice of the surgeon. *These extra requirements would cost the company but little, in fact, nothing, for invalids are always willing to pay for extra comforts. We physicians, who devote our time to giving advice to people suffering from disease that may require a sea voyage, &c.,

Extra requirements on steamships.

The Medical Officer in charge.

* I have been informed that the s.s. "Garonne" and s.s. "Chimborazo" have been specially fitted up for pleasure cruises to Southern Norway, Sicily, Greece, Constantinople and Mediterannean ports. The comfort of invalids has received every attention. Information concerning these steamers can be obtained through Messrs. Anderson, Anderson & Co., Fenchurch Avenue, London.

believe in placing our patients under the care of a professional brother who has proper authority, rather than under that of the commander of the vessel, and I am certain the public will agree with me that it is quite natural we should place more reliance on the former. I will not myself allow any patient who seeks my advice go in a ship without I am acquainted with the medical officer, and get his opinion, as to her comforts. I must add that some invalids are very peculiar; they are never satisfied with our home health resorts, they are always dull and monotonous; they want to travel, to see something, to be amused. We must treat this class of patients, which is very large, accordingly, and give the best advice under the circumstances, *re* the health resorts of Europe or other continents.

Wavering invalids.

A pleasure cruise for health to the Mediterannean ports can be strongly advocated for such wavering invalids who cannot afford the time for a longer trip, for in such a voyage they see a variety of places, all of more or less special interest, and different

Mediterranean Ports.

nationalities which will be sure to obtain their attention. In a 46 days' cruise they can visit Cadiz, Malaga, Palermo, Ancona, Venice, Corfu, Piræus, Malta and Gibraltar. September, October or November are good times to start. A voyager could not do better than go in a steamer specially despatched for a health and pleasure cruise, for example, the Orient Steam Navigation Company's steamers "Garonne" and "Chimborazo."

HEALTH RESORTS.

Introductory Remarks.

Choice of a health resort.

In making a choice of a health resort, it is always advisable to have a clear, concise and scientific account of the different places which are suitable for invalids. Many works have been published on the subject, but they are generally put down in disgust on account of the tedious manner in which the writer handles the subject. As a rule the greater portion of the matter dealt with is concerning places the reader does not care to know about and cannot therefore be properly reckoned as "bona-fide" health resorts. As a case in point, I have a volume before me in which the author modestly says "no such work has yet appeared in the English lan-

guage." Although the book contains some excellent information on the subject, yet it is so mixed up with extraneous matter that it is sometimes difficult to find what is required.

Climate of a place.

The climate of a place means the proportion of sun bestowed upon it, the sun being the primary source of all heat, and the principal factor in the making of climate. In order to understand the distribution of heat over the earth's surface we must remember that the sun lies between the tropics of "Cancer" (northern) and Capricorn (southern). Equally distant between them lies the imaginary line called the equator, which the sun crosses, and gradually attains the tropic of Cancer N. 23° 28^{m} N. He then returns across the line, and proceeds the same distance to the south when he reaches the tropic of Capricorn. It is therefore the distance from the equator that has to do with the warmth of a place. People who are looking for a health resort, as a rule do not want to know anything about the torrid or frigid zones, but rather about the temperate and sub-tropical zones. Two places may be of equal distance

from the equator, and yet have different climates. This is accounted for by the difference in the direction of the sun's rays, length of the day, and degree of refraction (which the rays undergo in their passage through the air) in the two places. Climate is also modified by

The reasons for different climates.

(*a*) elevation of the land,
(*b*) the influence of the sea,
(*c*) the weather (winds, rain, &c.),
(*d*) nature of soil,
(*e*) distribution of vegetation,
(*f*) the purity and electrical state of the air.

We all know what elevation of the land will do for any place, particularly if it shelters a place from cold winds. This hill protection is of supreme importance in the choice of a health resort; as an example we might take Ventnor, and enquire what it would be without its hills. There are also many other points to be considered, viz., (*a*) the effect of sea and its distance from the place, (*b*) the prevailing winds and their force, and we must also take into account the likelihood of

their carrying dust germs or any other foreign matter. Closely connected with the wind is the rainfall, for the former in a great measure governs the latter. Rainfall is generally most abundant in mountainous countries and near the sea, and decreases as we travel from the equator to the poles. The moisture and humidity resulting from rain produce languor, debility and ill-health, by preventing evaporation from the body, and they also cause fog. All these bad phenomena take place when the rain is so abundant that it is far above what the soil can absorb or what vegetation requires for its growth. This naturally should lead us to enquire as to the character of the vegetation and soil of a place in order to form an adequate idea of its salubrity.

Rainfall.

Ideal health resort.

An ideal health resort in a few words should be *dry, warm, well sheltered and salubrious.* If dry the rainfall must be normal, if warm there must be plenty of sun, if well sheltered no force of wind should interfere with it, if salubrious it should not be too hot, and the surrounding circumstances must be healthy.

A place may be blessed by nature in every way and its climate perfect, but owing to bad sanitary arrangements and a deficient and polluted water supply, it cannot be classified as a health resort. A patient going to such a place would most likely contract a far more virulent disease than the one he hoped to benefit. A physician therefore in recommending health resorts should be most particular to get accurate information upon the following points :—

Bad sanitation may counterbalance climate.

Accurate information as to sanitation.

(*a*) Sanitary Arrangements.

(*b*) Water Supply.

(*c*) The Architecture of Houses.

(*d*) Food Supply.

The visitor must not altogether rely upon the information thus obtained, for one part of a town may be satisfactory in these respects, whilst another part may be quite the reverse. It is always well to attend to these very essential matters on the spot, or else all the benefit that might have been derived from the change will be lost.

Visitor should obtain information on the spot.

Places are often selected more for the natural advantages they possess in the treat-

Places selected for natural advantages.

ment of certain complaints, than for their climate. Places possessing mineral springs have a reputation on account of certain chemical ingredients found in them, such as alkaline salts, Epsom salts, iron, arsenic and sulphur. Invalids visit these spots for the benefit to be derived from these mineral waters. Alkaline salts we know are good for gout, rheumatism, some forms of indigestion and renal diseases, Epsom salts for constipation, liver complaints and obesity, iron for anæmia, debility, &c., arsenic and sulphur for skin diseases, &c.

For mineral waters.

Other places are visited for their various baths,—viz., *Peat*, *Mud*, *Pine*, *Balsam*, *Sand*, *Electric*, *Gas and Sulphur*, the name fairly describing the nature of the bath and the therapeutical effects of them.

For baths.

Lastly there are places visited for certain diet cures known as the *Dry*, *Grape*, *Milk*, *Koumiss* (mare's milk fermented) *and Whey*. A patient before resorting to any of these diet cures should obtain good medical advice, as no general descriptive particulars would apply in every case. I may, however, add that

For diet cures.

patients are said to have derived much benefit from them when suffering from dysentery, hepatic diseases, neuralgia, chronic diarrhœa, hysteria, scrofula, rickets, gout, rheumatism, various forms of dyspepsia, anæmia and early tuberculosis.

Science of meteorology.

The science of meteorology bears an important part in the fixing of health resorts for invalids. This science has made great strides in recent years; this is due in a great measure to the improvements made in the instruments used, thus making the science of climatology comparatively easy.

Best climate for invalids.

For the benefit of invalids generally speaking, I would point out that the best climate for them is an equable one, that is to say, where there is not much difference between the maximum and minimum reading of the thermometer. The winter temperature should allow of outdoor exercise, even to the extent of sitting or reclining without chilling.

Artificial classification.

The following is an artificial classification of climates, but they will serve to illustrate my meaning :—

Relaxing (Torquay, Madeira, &c.). High

winter temperature with an excess of humidity.

Bracing (Hastings, Tenby, Mentone, Algiers, &c.). High winter temperature, air dry and full of ozone, wind not irritating.

Sedative (Venice, Rome, &c.). Neither dry nor humid, a want of electricity in the air.

Exciting (Florence, Naples, Nice, &c.). Air too dry, too much ozone with sharp, keen, irritating wind.

English Health Resorts.

Bournemouth.

Bournemouth.—A few years ago Bournemouth seemed to be going down the scale as a health resort, but, thanks to the energetic medical men that reside there, it has more than regained its position. I must not forget that this is also due to the excellent railway accommodation and the fast trains provided by the London and South Western Railway Co., under the always practical advice of their chairman, the Hon. Ralph Dutton. Nature has greatly blessed Bournemouth, for she has protected it from the N.,

N.E., and partly from the E. winds, and provided it with pine woods which give forth an aromatic odour of a piquant delicacy, which should have the effect of destroying the microbe of consumption.

The climate is mild, dry and equal, mean annual temperature 51°, winter 41°, spring 48°. Beach sandy, bathing and boating good, and there is a good pier. It lacks amusements, and is therefore rather dull *vide* Hastings. The rainfall and humidity are normal; walks interesting without being fatiguing.

The invalids' season is from November until April. People suffering from chest complaints, rheumatism, and convalescents do well here and avoid the winter inclemency of other parts of England. Water supply very good and pure, sanitation excellent.

* *Cromer.*—On the Norfolk coast is now a Cromer.

* "The two samples are of most excellent quality for dietetic purposes. They are absolutely free from all evidence of previous sewage or animal contamination, whilst for chalk water they are of very moderate hardness. Cromer may be congratulated on being supplied with one of the best waters in Great Britain." —Professor FRANKLAND, F.R.S., *The Lancet*, July 9th, 1892.

fashionable place. It has fine bracing exhilarating air, good sands and bathing. It is not suitable as a winter resort, for it is too exposed, but for a bracing summer health resort it cannot be surpassed.

Patients recovering from rheumatic fever, typhoid fever, acute congestion of the liver, indigestion of all kinds, debility due to living in a tropical climate, in fact, all complaints that require strong tonic bracing sea air do well at Cromer.

Dover. *Dover.*—A pleasant climate in May and June for invalids suffering with bronchial catarrh, phthisis, nervous diseases and dyspepsia. Fairly protected from the N., N.E., and N.W. winds. Water supply good, soil porous, composed of sand and chalk. Amusement is found in watching the mail steamers from England to France, and *vice-versâ*. Hotel and house accommodation is good.

Eastbourne. *Eastbourne.*—A splendid summer health resort. Extensive sea frontage and invigorating walks as far as Beachy Head. Amusements plentiful, good concerts, tennis, &c.,

at the Devonshire Park. Bathing fairly good, and there are also excellent warm swimming baths. The climate is essentially bracing, and suits those who require tone to the system. Many kinds of dyspepsia improve greatly by a residence of some weeks here. Invalids who have been wintering at Hastings will derive great benefit by going to Eastbourne about June and remaining until August. Water and sanitary arrangements are well attended to; good railway communication with London.

Falmouth is a delightfully situated watering place which has of late come much to the fore as a health resort on account of its great * Falmouth.

* *The British Medical Journal* of June 18th says: "It would seem that Ilfracombe possesses a winter climate as mild and as equable as that of Falmouth, so far as accessible meteorological statistics can be trusted. Unlike Falmouth, however, it has a N.E. aspect. The weather at Falmouth during the two past winters has been rather hard on its advocates. Rain, of course, must be expected there; but two or three feet of snow and violent gales drove many visitors back again to the more genial climate of the metropolis. Ilfracombe appears to have a very humid climate, although its rainfall is moderate, about 31½ inches."

winter warmth, it is even warmer than Pau, and the equability much greater, there being only 6° between night and day temperature. It has, however, a great drawback, viz., the heavy rainfall which produces humidity. Myrtles, camellias, I believe, thrive well in the open air, snow being only seen at rare intervals, and the place is well sheltered from the N. and N.E. winds.

The natural beauty of the place is unsurpassed, and from the magnificent harbour you catch some charming views, in fact, the eye never gets tired, as the scene is so diversified. Invalids with complaints that derive a benefit from a stay at Ventnor, Bournemouth, or Torquay, will find Falmouth a most agreeable change. **Penzance** is said to possess the most equable climate in the world; it is also an attractive well built place.

Felixstowe.

Felixstowe.—A very rising place which has come into notoriety since the Empress of Germany visited it and allowed her children to remain there for some time, and Mr. Balfour, M.P., patronized it for golf. I had a very high opinion of Felixstowe as an ex-

cellent "*pick-me-up* health resort," previous to any railway there, and when you had to journey across from Harwich in an antiquated ferry-boat. It has a splendid expanse of sea front, and pure flow of sea air coming uninterruptedly across the North Sea and also a southern aspect, it is well protected from the North by high cliffs. Invalids who want to regain health from nervous, gouty and dyspeptic diseases, are sure to benefit from a stay here, also those who take a yearly holiday for their health's sake. From June until the East winds begin to blow in the spring is the proper time to visit Felixstowe. The Bath hotel is placed in a most enchanting spot, and then there is the Pier hotel with a fine view, where you can always be certain to find comfort and room. Bathing would be better if it was always high water, when it is, it cannot be surpassed. Felixstowe, I am happy to say, at present, has little of that wonderful company promoter's genius expended on it.

Folkestone.

Folkestone.—A fashionable bracing holiday resort. It is picturesquely situated on high

ground with a grand sea view, and possesses good walks. The Lees and West Cliff are exposed, beach stony but well sheltered; good tepid sea water swimming-bath; sanitary arrangements good, water pure and plentiful; hotel and house accommodation above the average and moderate in price except in August. Railway service excellent; usual sea-side amusements. More a place for holiday makers and convalescents than invalids; cases of diseases of the stomach do well here.

Hastings and St. Leonards.

Hastings and St. Leonards.—These places are so well known that it seems superfluous to describe them; visitors flock there all the year round. That part of Hastings known as the old town near the Marine Parade or Fishmarket, is well protected from the N., N.E., and E. winds, also that part of St. Leonards west of the archway.

The fine, well kept promenade, lighted by electricity, which extends several miles fronting the sea, and having the full warmth of the sun shining on it nearly the whole day makes it a most suitable promenade for invalids during the winter months.

Mean winter temperature 41°, spring 44°, summer 62° and autumn 54°; rainfall 28 inches; prevailing wind S.W.; number of wet days 216, but the rain does not last long and soon dries up.

The drainage and water supply in the new houses are all that can be desired, and are under the control of the town sanitary engineer, whom I must compliment on his great assiduity.

Amusements.

In the way of amusements there is a moderate voluntary band which plays on the promenade morning and evening, and at certain times in the afternoon, but I consider it should be paid by the authorities,* for visitors object to be bothered for pence every time they listen to it. Two piers with large pavilions in which concerts, &c., are held three times daily all the year round. The builders of the St. Leonards pier have acted wisely in placing the hall at the commencement of the pier instead of farther end,

* I am informed on good authority there is no legal power for English authorities generally to pay for a band.

as on the Hastings' pier, for people do not care to face a storm on a cold winter's night to get to a place of amusement. A fine natural park, well kept and full of rare plants, called Alexandra Park, about a mile from the sea at Hastings, a walk through which brings you to the upper part of St. Leonards. There is also a convenient cosy theatre and a good cricket ground.

Amusements required for health resorts.

I think a large public reading room is required and a very large hall, a kind of bowery where people could enjoy themselves on wet days by listening to good music. It could also be used for concerts, dances, public meetings. Places that exist upon visitors must cater for them lavishly.

I would also recommend some energetic tradesman to start sheltered open-air cafés, where coffee, tea and cocoa, and light refreshments could be had of the *finest quality*, elegantly served and within the sound of the strains of music. It is a sense of grateful enjoyment that cannot be estimated, which nearly every one feels when sitting quietly, sipping tea or coffee, and watching the ever

restless ocean, and listening to harmonious sounds. Contentment and peace soon displace the wearied and fatigued look of the invalid.

What I have said applies to most English health resorts, there is always a want of those places where light refreshments can be had with comfort and attraction besides. I speak with the experience of a physician who has devoted much of his time to invalids in search of health, and they have constantly made this complaint when speaking about a place. I know very well, there are some very intelligent and energetic gentlemen who control the public affairs of the various places, and I feel sure they will pardon me for these strictures, as they are only made to add more attraction to health resorts in general.

Llandudno lies in a valley connecting it and Conway Bay. It is protected from the N.W. wind by Great Orme's Head, and the E. wind by the Little Orme's Head. The winds that blow must come from the sea, and are therefore warm and equable. The air is pure, bracing, and invigorating, soil very dry, Llandudno.

water supply and sanitation good; mean winter temperature 42°, daily average 9°, with about eighty-six wet days. Amusements are similar to the usual English watering places. Llandudno has many natural advantages, for a series of charming excursions can be made to Snowdon, Llanberis, Conway Castle, Carnarvon Castle, the Swallow Waterfalls, and other attractions of North Wales, and it has a splendid sea drive of its own, five miles in length. People suffering from overwork, business worries, debility, nervous troubles, and convalescents derive much benefit from a prolonged stay here. The regular season is from May to September, but it is also a good winter residence.

Ramsgate. *Ramsgate.*—A bracing sea-side place, well-known to everyone; protected from the N. and N.E. winds. From the west cliffs there is a fine open sea view; bathing moderate, sands good for children; suitable for convalescents and holiday makers. **Margate** is not nearly so well protected from the N. and N.E. winds; mean temperature, 41°; better bathing at

high tide than at Ramsgate. **Broadstairs** lies between the two, has a great reputation as a health resort for children, and is a very quiet place. **Westgate-on-sea,** near Broadstairs, is certainly the most interesting place of this group; climate healthy, dry, and salubrious, with good public gardens and fine sea drive. It has one great advantage that Cockayne is satisfied to remain at Ramsgate and Margate. Like Ramsgate these places are suitable for convalescents and holiday makers from May until October. Invalids will generally have brilliant and suitable weather from the middle of May until the middle of July.

The great advantage of these places is that great care is bestowed on the sanitary arrangements and water supply, and the short distance they are from London. Railway accommodation is now good, and fast trains punctual.

Scarborough.

Scarborough, the Brighton of the North. As a seaside resort it takes the first place, therefore suitable for those who require a good dry bracing sea air. Best time to visit Scarborough is from August to October, for

the mean temperature for last six months of the year is 50° 6′. It is too cold and exposed in the winter for invalids with chest troubles. Being a fashionable place, it is well supplied with amusements suitable for the society of to-day. I need hardly mention that it possesses a mildly chalybeate and saline spa.

The Scilly Isles.

The Scilly Isles.—These isles have not been sufficiently brought before the public considering their intrinsic value as health resorts. A medical friend of mine informed me that a stay there in the winter greatly benefited his health after a severe attack of influenza. They are easily reached from Penzance in four hours, being about 45 miles distant. The climate has a more equable temperature than Nice in the winter. Subtropical and tropical plants flourish here. St. Mary's is the largest island, and here one may live in the winter and enjoy glorious scrambles through fern and heather, fishing and boating, thinking of their friends in London (not) enjoying a cold thick pea soup fog; chest and throat diseases are greatly

benefited by a stay here, also convalescents and dyspeptics, but before undertaking the journey remember you must make your own amusements unless you are satisfied with the charms so plentifully supplied by nature.

Tenby enjoys the reputation of being a salubrious and warm winter residence, with good statistics as regards the water supply and sanitation, with an agreeable absence of cold winds and seldom a fall of snow. It is a very sociable place, and the visitors try to make the best they can of the local amusements by supplementing them with small dinner parties and dances. There is also a good club. I have had cases of incipient phthisis and dyspepsia, which derived great benefit from two months' stay here. Being more bracing than Ventnor, Hastings, or Bournemouth, it suits a wide range of complaints, *vide* Hastings. It has some iron springs in the neighbourhood. Tenby.

Torquay.—A very old health resort. There is one great drawback, viz., being so hilly. The climate is warm in winter, being fully sheltered on the N., N.W. and partially on Torquay.

the N.E. side. In the town the climate is mild, genial and relaxing; rain falls on about 200 days; average winter temperature 44°, spring 52°; water good and pure but the sanitation might be better. The place is well suited in the winter and spring for old delicate people and children, and those recently returned from tropical regions, also for invalids suffering from chronic bronchitis, chronic phthisis, rheumatism and throat trouble. There is a great deficiency of artificial amusements in Torquay, but the natural scenery is charming. **Paignton**, about a mile along the cliffs, is a fine bracing summer watering place.

Ventnor and Bonchurch.

Ventnor and Bonchurch.—It is called the Undercliff, really a landslip which at Bonchurch goes through Ventnor and ends at Blackgang Chine (six miles). Mean annual temperature 51.25; winter 41.88; spring 49.60; summer 61.50; and autumn 53.58. Mean annual rainfall, 23.48 inches. Best season November until May. The walks are fine and sheltered, scenery romantic, fog rare, air mild, pure, bracing and tonic. It is much drier and less relaxing than Torquay, and winds

not so keen as at Hastings and Bournemouth and protected by a range of lofty chalk and sandstone hills from the North, North-East, North-West and West winds. Sir James Clark truly described the undercliff "as a "lofty natural terrace, backed by mountainous "wall on the north, and open on the south to "the full influence of the sun from its rising "to its going down, during that season at "least when his influence is most wanted in "a 'northern climate.'" It is my humble opinion, with due respect to writers on Bournemouth, Torquay, Hastings and Falmouth, that Ventnor is one of our best winter places as regards climate, although it may have other disadvantages, and is the most suitable place for chest complaints when in an inflammatory state, also for patients who should not undertake a long journey, and for those who should not be sent away too far from their friends.

People suffering from overwork, gout, rheumatism, and convalescents will also derive benefit from a sojourn here.

Amusements.

The place has few artificial amusements. I suppose the local magnates consider that it

offers sufficient in the way of climate. A band plays every morning on the parade. I must confess I do not think invalids when they go to a place for the sole purpose of restoring their health require a lot of artificial amusements, which they can obtain so plentifully in the metropolis. I, however, believe it always pays a town that caters for visitors to provide a well-trained band, a cosy and convenient reading room and library, and a good concert hall where people can promenade on wet days, and where light entertainments might be given weekly.

Wet Days.

There must be wet days, and it is on these days that the visitors get so dissatisfied with a place that provides no amusements. *Vide* amusements, page 75. Like all our health resorts, Ventnor is well provided with some very eminent medical men, who have devoted their time to the cure of those diseases the climate benefits, and who are always willing to co-operate with the invalid's physician at home.

Medical men of health resorts.

Weston-super-Mare.

Weston-super-Mare. — Pleasantly situated on the Bristol Channel, and much frequented during the summer months as a seaside re-

sort. It has a genial mild climate suitable for chest affections and debility. **Clevedon,** close by, has a large residential population.

Worthing, including Littlehampton and Bognor. This group are chiefly summer health resorts for children where they paddle in the sea, make sand pies, and sail boats to their hearts' content. Sea bathing good, air pure and bracing. Worthing is protected from the N. and moderately warm until the E. wind blows about February. Sanitary matters should be carefully inquired into. These places are about two hours from London. Worthing.

English Inland Watering Places.

Bath.—I am very glad to think our watering places proper are becoming more patronized, and people are not frantically rushing off to the continential spas, when we have such spas as Bath at home. It is always an invidious task to draw comparisons, and I do not intend to do so, but I think English physicians should have studied a little more the natural springs in this country, before advising their patients to go abroad. Bath.

The saline waters of Bath consist of sulphates of lime and soda, carbonate of lime, common salt, silicic acid, and a little iron with nitrogen, oxygen and carbonic acid absorbed, and it is of a temperature which varies from 104° to 120° (10 grs. of solids to a pint). The baths are large, well planned, and the recent improvements effected in the "pump room" and swimming baths leave little to be desired.

The climate is mild and warm, and the place has many resources and agreeable society. Patients can visit it winter, spring and autumn. The waters are highly praised in gout and rheumatism, and are also useful in skin diseases, dyspepsia and uterine troubles.*

* Sir William Roberts, in his Croonian Lectures, has completely upset the therapeutical belief in mineral waters for the cure of *gout*. He says :—"The experimental evidence laid before you entirely destroys this hypothesis. It has been conclusively proved that alkalescence, as such, has no influence whatever on the solubility of *sodium biurate*." Again : "My impression is that gouty persons should either entirely avoid springs which owe their activity to sodium salts, or should use them very sparingly. It is difficult to

Buxton, 1000 feet above the sea, lies in a deep basin, having a subsoil of lime-stone. It is visited for the benefit of its saline water of a temperature of 82°, which contains free nitrogen gas. The climate is wet and very variable, but usually fine from June to August; average temperature 44°; atmosphere is pure and dry. Chronic rheumatism and gout, and diseases that require a bracing climate are greatly relieved by a course of water combined with electro-massage. The domestic water supply is

Buxton.

believe they can do any direct good, and easy to believe that they can do direct harm." Speaking of Buxton, Bath, &c., he says:—"Now there can be no reasonable doubt that the efficacy of these springs has nothing to do with their scanty mineral ingredients, but depends on their watery constituents." I must say, that with all due respect to Sir William Roberts' careful experiments, I have failed to see they in any way remove the vast amount of practical experience of physicians who have practised for years in the towns these mineral springs are situated, and who record thousands of cures, after the patients have had the benefit of every other treatment, except the mineral water treatment of the place. I confess that if I unfortunately have an acute attack of gout, after the acuteness has passed, I shall at once proceed to some mineral spring for cure.

good and pure, and the sewage is destroyed by Dr. Thresh's chemical process. Buxton is well provided with amusements, and fine drives by coach can be made to Bakewell, Haddon, Matlock and Chatsworth.

The thermal water is a good antacid, cholagogue, diuretic, diaphoretic and slightly purgative, a tumbler can be drank twice daily after meals. There are two kinds of baths, viz., natural and hot, and there are also large swimming and public baths. The water contains bicarbonate of calcium, of magnesium and iron, sulphates of sodium, calcium and potassium, chlorides of sodium, magnesium and ammonium, &c.

Droitwich. *Droitwich* is situated in the midst of charming country, six miles from Worcester and twenty from Birmingham. It is a quiet place, and visited principally for its saline baths, which are four times stronger than sea water. The waters I consider *par excellence* for rheumatism, gout, stiff joints, scrofulous and syphilitic diseases, and I think their beneficial effect should be more widely known.

Nantwich and Ashby-de-la-Zouch have similar saline springs.

Harrogate is our principal drinking spa, the water possessing not only sulphurous, but saline and chalybeate, properties, which have a decidedly beneficial effect on the stomach, liver and intestines, stimulating their action and increasing their secretion, thereby curing dyspepsia, obesity, constipation and congestion of the liver, when added to a strict regime of dietary. They are also useful to rheumatic and gouty subjects, and many diseases of the womb. Patients should always consult a physician for advice before taking these waters, if they really wish to derive the maximum amount of good out of them. Harrogate is situated on an elevated plateau 400 feet above the sea. The climate is bracing and healthy; it is essentially a summer resort. The bathing arrangements are on an elaborate and sumptuous scale. Harrogate.

Llandrindod, Shap, Dimsdale-on-Tees and Gelsland also contain sulphur springs. Llandrindod.

Leamington.—A charming spa, situated amid beautiful scenery, much visited by invalids from May to October. The climate Leamington.

is bracing and equable; the waters are purgative and alterative according to the dose. They contain common salt, glauber salt, carbonic acid and oxygen, and are very useful in constipation, congestion of the liver, renal complaints, skin diseases, rheumatism and irritative dyspepsia. Great care is bestowed on the sanitation of the town.

Cheltenham and Purton in Wiltshire also contain purgative springs.

LucanSpa. *Lucan Spa* is eight miles from Dublin, situated in an attractive locality. The water is cold; it contains sulphuretted hydrogen, sulphide of sodium, bicarbonate of soda (28 grs. to a gallon) and much free carbonic acid. It is considered useful for patients suffering from chronic gout, rheumatism, debility, dyspepsia and certain skin diseases.

Dr. More Madden says that at the end of the last century it was "amongst the most "frequented and gayest of the watering places "of the day." I trust it may regain much of its former popularity. Attached to it is a large hydropathic establishment.

Malvern. *Malvern* is beautifully situated and much visited by tourists. The air is bracing, pure

and highly oxonized, warm and dry. It can be used both as a winter and summer health resort. Its saline springs are insignificant, but baths of Droitwich brine, pine and sulphur, can be obtained there. It is a place well suited for convalescents, dyspeptics, nervous diseases and overwork.

Strath-peffer Spa.

Strathpeffer Spa (Ross-shire, Scotland).—Of late this spa has been brought prominently before the profession. The water is thermal, and contains sulphur, sulphates of soda, magnesia and lime, also carbonic acid, with a trace of iron, iodine, bromine and arsenic. There are two forms of treatment used—the *douche bath* and *peat bath;* the latter is composed of moor earth, freed from extraneous matter, mixed or churned with boiling water in a special apparatus for each bath.

The baths are highly recommended in chronic skin affections (eczema, psoriasis), nervous diseases, spinal complaints, chronic rheumatism and dyspepsia. The accommodation is good; scenery beautiful. Season, June to September.

Woodhall Spa.

Woodhall Spa.—Situated in Lincolnshire, has of late been brought to the front on

account of its bromo-iodine waters which are said to contain more bromine and iodine than such well known waters as *Kreuznach* and *Krankenheil.* There is good accommodation at the Victoria Hotel in the Spa grounds which adjoins the baths and surrounded by a tastefully laid out garden well planted with pines. The baths are replete with every modern comfort. Diseases peculiar to women, gout, rheumatism, nerve diseases, skin diseases and certain kinds of dyspepsia can safely be recommended a trial of the waters, and thus save the expense of going abroad, for which there is no necessity when we have such an efficient spring so near home.

Continental Health Resorts.

Cannes. *Cannes* (Riviera, south of France, *via* Paris and Lyons), is a seaside resort surrounded by beautiful forest scenery well protected from cold winds. The climate is moist with absence of snow or fog, more sedative than Nice, about 10 degrees warmer than London. In some parts of the town the sanitation is

bad. It is an agreeable winter resort for the overworked, the convalescent, and those below par, and some chest complaints are benefited by a winter stay here.

Grasse, nine miles from Cannes is a sunny, well sheltered place, beautifully situated amidst flower gardens. H.M. The Queen brought this place much to the fore by staying there for some weeks in the spring of 1891.

Davos Platz.

Davos Platz (Switzerland, *via* Calais, Laon and Bale) lies at an elevation of 5,108 feet above the sea level, in a long valley about a mile broad. Well sheltered, mean temperature for the winter is 28° Fah. The climate is dry, although plenty of snow falls in the winter, the fall does not usually last the whole day, and is very crisp, and when it ceases the sun shines. A wind known locally as "*Föhn*" (S.W.) is much dreaded. Other points of value concerning the climate are its pure cold exhilarating air from its great elevation, and the sun's rays transmitted through the purified atmosphere.

I cannot agree with many of the writers

on the climate of Davos-Platz that it is a good place for consumptive people in any stage except, perhaps, when there are no physical signs at all. I maintain that far from being beneficial, it is more likely to have a pernicious effect. I have seen this in my own practice. One gentleman who would not follow my advice, but went to Davos-Platz on the strong recommendation of another physician, paid for it with his life. Diseases that require a pure cold exhilarating climate, such as overwork, nervous disease and dyspepsia, and anæmia often do well from a stay here. The place is rather dull, sanitation and water supply good.

Hyères. *Hyères* (South of France, *via* Dover and Calais).—Beautifully situated three miles from the Mediterranean, and has a sunny S. and S.E. aspect, but it is exposed to the *mistral* (N.W.) The climate is clear, pure, dry, and tolerably mild, and I have no doubt after the favourable impression it made on H.M. the Queen, it will become a more popular spring resort. Temperature about 44°, nights and mornings cold. There are some beautiful

pine woods in the valley of Costabelle, which with the mild climate, make it a suitable winter residence for invalids with pulmonary disease who require perfect rest and early hours.

Malta (by sea from Plymouth, 4 days).— Malta.* Situated in the Mediterranean. The winter climate is warm, mild and dry, and well suited to *poitrinaires*, who, although in pretty good general health, cannot stand the cold and fogs of England. I have been told that the sanitary state of Valetta is faulty. The *sirocco* wind is the curse of the place.

Mentone (Riviera, *via* Paris, Lyons and Marseilles).—A very beautiful resort situated on the northern shore of the Mediterranean, at the foot of the Maritime Alps, 12 miles from Nice, 4,000 feet above the sea level. The east bay is the best for invalids, being more sheltered, but the whole town is protected from the N., N.W. (mistral) and N.E. winds. The climate is very mild in the winter, not subject to great variation, with an absence of fog, little rain and plenty of sun. Mentone.

* This, although belonging to England, is placed among continental health resorts for convenience.

I consider from November until April Mentone is certainly the first place in the Riviera for patients suffering from pulmonary consumption, and this view is further strengthened by the remarkable absence of consumption among the inhabitants. All diseases benefit greatly by a sojourn here when a mild winter climate is essential. Sanitation not above suspicion.

Naples. *Naples* (Italy, *via* Dieppe or Paris and then Turin, Genoa and Rome).—Situated on the beautiful Bay of Naples, near the foot of Vesuvius. The mean winter temperature is 47.65. It is much exposed to the *sirocco* (S.E.) and *mistral* (N.W.). Good sea and mineral water baths can be obtained. Invalids with pulmonary complaints do not derive any benefit from a stay here, and I consider the place solely fitted for those who are sound in health and who are in search of pleasure. The overworked politician and professional man may advantageously spend a few weeks here in the winter.

Nice. *Nice* (Riviera, South of France, *via* Paris and Lyons) is situated amidst the Maritime Alps and the Estrelles. It is rather exposed

during winter and spring to the cold irritating E., N.E., and the *Nisands;* but on the whole the climate is dry, air pure and exciting, with a mean winter temperature of 46° Fah., and rainfall 32.4 inches; the difference, however, between mid-day and night temperatures is very remarkable, and should be noticed. I consider Nice a place more fitted for the holiday maker, and the overworked individual who wishes to get away from the cold damp fog of the English winter, than for the invalid with some inflammatory disease. Amusements are plentiful, and one can find in Nice anything money can purchase. Sanitation fairly good.

Pau (France).—About 48 hours' journey from London south of Bordeaux, with an altitude of 700 feet. The climate is mild and sedative; mean temperature in January and February 43°, with a rainfall of 43 inches. Nights are chilly; plenty of sun, but climate changeable. Sanitation fairly good, town clean and comfortable. Diseases which derive benefit from a stay here in the winter are consumption, asthma, bronchitis and Pau.

rheumatism. It is not suitable for debilitated subjects.

Pau is not influenced by the W.N.W. wind, the *Circuis* of the ancients, nor by the N. wind or *Bise* which produces a bitter cold, nor by the N.W. wind or *Mistral.*

Arcachon has a similar climate, and contains large forests of pine trees.

Rome. *Rome* (Italy, *via* Dieppe, Paris and Genoa), situated on marshy ground at the foot of a range of low hills, fourteen miles from the sea, and divided by the Tiber into two equal parts. The climate is mild, warm and sedative from October to April, with a mean winter temperature of 45°. Unfortunately it is exposed to cold winds, variation of temperature, and malarious emanations. I have not got a high opinion of Rome as a health resort, but for the artist and tourist no place has its equal. Some chronic chest complaints may reap some benefit from a stay.

San Remo. *San Remo* is another excellent health resort about five miles from Mentone and it has one great advantage over that place, viz., the cost of living is much cheaper. *Bordighera*

is twelve miles, faces south in a fine bay, protected from the N., E. and N.W. winds by mountains. The climate is mild, warm, bracing and exhilarating. Mildness is plainly indicated by the palm, olive, lemon and orange plants growing in the open air.

Venice (Italy).—The Queen of the Adriatic, and a most interesting place, and historically well worthy of a visit. It is two miles from the mainland, built on piles in the midst of a large marsh (lagoon). The climate is mild and warm, and the air impregnated with the salts of iodine and bromine. Mean winter temperature 39° Fah. No place for invalids, but the acme of pleasure for the tourist. The same remarks apply to **Milan, Genoa, Florence** and **Naples.** Dr. T. Hawkes Tanner says about the latter place, "this city "seems to offer all that is charming to the "man in health, and everything that is per- "nicious to the invalid." Venice.

CONTINENTAL INLAND WATERING PLACES.

Baden-Baden (Germany, *viâ* Harwich, Queenboro' or Dover) most delightfully Baden-Baden.

situated in the valley of the Black Forest, six miles from the Rhine, with a warm summer and mild winter climate, being well sheltered. Season, May to September. The springs are sixteen in number, saline and thermal, but the amount of solids is small (23 grs. to a gallon), and therefore their therapeutical action is weak. The fine scenery, pure mild air and hot baths combined, have a beneficial effect on chronic rheumatism, gout, dyspepsia, debility and overwork.

Bagnères de Bigorre.

Bagnères de Bigorre (Hautes Pyrénées, France) stands nearly 1,800 ft. above the sea level; a well frequented spa. Waters contain sulphide of lime and sulphate of lime, iron, arsenic and sulphur of a varying temperature from 70° to 120° Fah. The arrangements for using the waters are excellent, and the season lasts from June to September. People have spoken highly of the curative properties of the waters when suffering from debility, anæmia, neuralgia, uterine complaints, scrofula, syphilis and dyspepsia.

There are also thermal springs at **Contrexcévill, Pougues, Vittel, St. Amand, Cambo, Martigny and Capevern,** which are useful for similar complaints as the Bath waters.

Barèges is situated in the Hautes Pyrénées, about 4,200 ft. above the sea level and is 47 miles from Pau. The sulphurous and stimulating waters of Barèges are well known and are of three distinct temperatures, viz., tepid, temperate and hot (Bain de la Chapélle, 84° Fah., Bain du Fond, 98°, and Bain de l'Entree, 107°.) The waters have an oily nauseous taste, and exhale an odour of rotten eggs, and on the surface is found floating a thin gelatinous kind of pellicle called *baregine, glairine* or *zoogene;* this emollient and soft substance is of a vegetable character and highly lauded as having a peculiar power in curing rheumatism. An analysis shows these waters to contain sulphuret of sodium, sulphate of sodium, common salt, silica and lime. They are administered internally and in form of baths, douches and injections, and have a great reputation for the cure of

Barèges.

sciatica, lumbago and other forms of rheumatism, stiff joints, scrofula, ulcers, caries and necrosis of bone and many skin diseases, particularly those due to syphilis. Unfortunately the baths are over-crowded and the accommodation might be better. Climate variable. Season, May to September.

There are also sulphurous springs at **St. Sauveur, Eaux-Bonnes, Bagnères de Luchon**—a most pleasant and aristocratic place; all arrangements whether for bathing, amusements or comfort are admirable — **La Vernet-Aix, St. Honoré, Challes, &c.**

Bourbonne-les-Bains.

Bourbonne-les-Bains (Haute Marne, France, *viâ* Calais and Paris). Well situated near the Vosges mountains, and which protects it from the various winds, climate consequently mild. The waters are thermal (114° to 148°) and contain a large quantity of common salt (chloride of sodium), and a considerable quantity of carbonic acid and nitrogen gases. These waters are useful for the same complaints as the similar waters of Wiesbaden, in fact, Bourbonne les-Bains is called the Wiesbaden of France.

Carlsbad (Bohemia, *via* Harwich, Rotterdam and Cologne) is situated on an elevation of 1,214 feet amidst charming scenery, and contains plenty of artificial amusements; the invalid should make the most of his "cure time" which generally occupies six weeks. The chief ingredients of the water are sulphate of soda (Glauber's salts), chloride of soda (common salt), sulphate of potash and carbonate lime with traces of carbonate of iron, phosphate of alumina and silica. Schlossbrunnen has temperature of 123°, Theresienbrunnen 131°, and Marktbrunnen 130°, also contains iodide and bromide of sodium. The waters are useful in liver, renal, stomach diseases, constipation, diabetes, gouty and rheumatic disorders. The dose is one to ten glasses, and the season from May to September. Carlsbad

Friedrichshall has also a high reputation for purgative waters. **Marienbad**, the springs are laxative, alterative and tonic, and at **Eger** there are mud and gas baths.

Cauterets (Pyrénées). This lovely place is embedded among the mountains in the valley Cauterets.

of Laverdex, 3,200 feet above the level of the sea, and is well sheltered. There are a number of sulphuretted saline springs of different temperatures, the hottest being 120° Fah. The season is from July to September, and the diseases benefited are the same as named in the account of Barèges.

Eaux Bonnes (22 miles from Pau), **Eaux Chaudes** (16 miles from Pau), **Pyrenées**, are also pleasant places with sulphuretted saline thermal springs.

Homburg. *Homburg* (Nassau, *via* Harwich, Rotterdam and Cologne) lies nine miles N.W. of Frankfort, being 650 feet above the sea level, at the foot of Taunus mountains. The climate is invigorating, bracing, during the months of June, July and August, and there are fine ornamental gardens and a vast sheltered park. The mineral springs are cold, heavily impregnated with chloride of sodium, magnesium, lime and carbonate of lime, with small quantities of sulphate of soda, carbonate of iron and silica. The principal springs are Elisabethquelle, Kaiserquelle, Stahlquelle and Ludwigsquelle. The diseases mostly

benefited by these waters are gout, dyspepsia, uterine diseases, obesity and nervous complaints. Though usually taken internally, there are also baths and douches. The bathing establishments are on a very elaborate scale, with every comfort. These watering places are now used for very different purposes than formerly, for in all of them we meet with the society lady recruiting her health after a season of London dissipation; the man who has lived not wisely but too well, trying to restore his impaired and used up digestion, as well as a whole community of professional men seeking relaxation, and large numbers of obese people trying to take off flesh, which they could do much more comfortably under proper dietetic treatment at home.

Kissingen.

Kissingen (Bavaria, Germany *via* Harwich, Antwerp, Brussels and Cologne).—A very fashionable spa, nicely situated in a fertile valley, about 800 feet above the sea level. The waters have three distinct qualities, viz., tonic, laxative and alterative, and are cold (52° Fah.). The principal salts found in the

waters are chlorides of sodium, potassium, magnesium, lithium with carbonate of lime, and sulphate of magnesia (Epsom salts), also a trace of bromide and iodide of sodium and carbonate of iron.

The most important springs are Rogoczy, Pandurbrunnen, Maxbrunnen and Theresienbrunnen; they differ slightly as to the amount of solids contained. The effects of these salts is to quicken the circulation, and to stimulate the secretions of the mucous membranes of the whole system. Hence they are good for congestion of the liver, kidneys and stomach, habitual constipation and gouty diseases. Best period to visit Kissingen is from May to September.

At **Bocklet** and **Brückenau**, which are close by, are some chalybeate springs.

Mont Dore.

Mont Dore (Auvergne, Central France, *via* Calais and Paris).—Pleasantly situated in the valley of the Dordogne, 3,300 feet above the sea level. The waters, like Vichy, are alkaline and thermal; the different springs differ as to quantity of salt and temperature. Madeleine (114° Fah.), Le Grand Bain (108°).

The ingredients found in the waters are carbonate of soda and lime, common salt, sulphate of soda and traces of iron, alumina and arsenic. After taking the waters for a few days and bathing in them, a kind of "*bath fever*" is produced, accompanied by lassitude, depression and constipation, which soon pass off. Diseases that do well at Vichy do well here, and early stages of phthisis and catarrhal bronchitis also derive benefit. Season, July to August.

Néres, St. Galmier, Vals, Royat, Chalet Guyon, &c., have also alkaline springs.

St. Moritz (Upper Engadin, Switzerland, *via* Dieppe, Dignon and Culoz). It is situated in a romantic valley surrounded by high mountains, close to large glaciers 5,860 feet above the sea, being higher than the top of Ben Nevis or Snowdon. St. Moritz is a cold, bracing, stimulating place, and contains strongly impregnated chalybeate springs, with free carbonic acid. This is just the place, from July to September, for people who seek perfect rest from overwork in body and mind; St. Moritz.

those suffering from anæmia, chlorosis and debility, and for some forms of dyspepsia. Physicians have recommended it as a winter residence for consumptives, but I cannot think they have the lives of the consumptive patients at heart, when they give them such extravagant advice. In my humble opinion, and having given considerable time to the study of tuberculosis, I am convinced that nothing but harm could come of a winter residence at such an altitude.

At **Leuk** there are twenty-three thermal alkaline springs. At **Pfeffers** some weak thermal springs, also at **Tarasp** and **Baden**, but at **Schinznach** the spring is a sulphurous thermal one. These places are all in Switzerland, and the season is from June to September.

Vichy.

Vichy (Central France *via* Paris and Nevers), is beautifully situated in the valley of the *Allier* on the right bank 780 feet above the sea level. The air is temperate, pure and soft. It can justly lay claim to being the *Bath* of continental alkaline watering places; the predominating ingredients in the waters

are *bicarbonate of soda and carbonic acid*, they also contain potash, magnesia and arsenic; the temperature is about 90°, but the different springs vary in temperature and in the proportion of chief chemical compounds. For instance Fontaine des Célestins, temperature, 88.6°, 39.10 grs. of carbonate of soda, 8.04 grs. of carbonic acid to each 16 oz. Grand Puits Carré, temperature, 110.5°, 37.57 grs. of carbonate of soda, and 6.71 grs. of carbonic acid to the same quantity. The waters are taken internally and by baths, douches, &c. Season, May to September.

Doubtless the waters have great therapeutical action in cases of rheumatism, gout, dyspepsia, congestion of the liver, obesity and renal diseases, and if taken under proper directions are curative.

The waters are bottled and largely exported to this country.

Wiesbaden (Nassau via Harwich).—Beautifully situated on the southern slope of the Taunus mountains. It is the largest watering place in Germany and contains twenty thermal alkaline springs with temperature

Wiesbaden.

varying from 150° to 160° Fah. These springs are noted for the very large quantities of chloride of sodium (common salt) they contain, the other ingredients are potash, lime, iron, magnesia, arseniate of lime, the water being saturated very heavily with carbonic acid gas. Taken in doses of three or four glasses, cooled, before breakfast, it has a slightly laxative and diuretic effect and increases the appetite, but if taken without proper medical advice before going, they may produce prostration, loss of appetite and general malaise. A course of four weeks is quite sufficient. Patients suffering from chronic gout, rheumatism, hepatic and renal congestion, piles and obesity, generally derive benefit from a stay here. The climate is good in the spring, autumn and winter. **Ems** (15 miles), **Selters** (37 miles), **Schwalback** (8 miles) from Wiesbaden and **Soden** (near Frankfort) have *all* renowned spas of a thermal saline character.

American, African, Asian, Australian and West Indian Health Resorts.

Algeria (Africa, *via* Paris, Lyons, Marseilles then by steamer in eight days) is beautifully situated bordering on the Mediterranean, and is a very interesting place for the European invalid, for, omitting the natural beauties of the country, the extraordinary mixture of every race (Arab, Moor, Maltese, Spanish, Jew, &c.) cannot fail to interest the visitor. The climate is mild, genial and dry, with only a rainfall of 56 days, and a very high average winter temperature of 56° (*vide* "Nice, Naples, Malta and Marseilles.") The winter climate of Algiers is well suited for all pulmonary and laryngeal complaints, heart disease, gout, rheumatism and various nervous disorders. The drainage and sanitary arrangements are best in the Grand Hotel quarter. Algeria.

Tangiers, Morocco and **Tunis** possess a winter climate very similar to **Algiers.**

Cairo (Egypt, *via* steamer from Plymouth.) —Pleasantly situated, with good hotels and sanitary arrangements rapidly improving. The winter climate is pure, dry and bracing, Cairo.

Invalids suffering from incipient phthisis, bronchial and laryngeal catarrh, asthma and many nervous disorders derive much benefit from a winter sojourn here; a trip on the *Nile will also conduce to the cure. The season is from October to March, and those who do not wish to return to England so early can go on to Algiers and stay until May.

Cali-fornia.

California (United States, *via* Liverpool) and then by rail.)—A charming country, with a most salubrious and enjoyable climate, and the air is soft, dewy, calm and clear. People who have plenty of time and money, and who are suffering from incipient phthisis, overwork, trouble and worry, or are nervously debilitated, will find a journey to California and a stay there for six months well worth the trouble and expense. Such a salubrious climate is sure either to greatly benefit the sufferer or work a perfect cure. There is, besides, the advantages of an extensive and interesting tour in a new and beautiful hemisphere. **Southern Pines, Som-**

* Messrs. Thomas Cook & Son run some well-appointed steamers, fitted up with every comfort, up the Nile.

merville, Aiken (Carolina) and **Augusta** (Georgia) possess a moderately dry, fine, warm and pine-scented climate, with splendid accommodation for the lovers of ease and comfort.

India vide "Voyaging for Health" (p. 55). India.

Japan vide "Voyaging for Health" (p. 54). Japan.

Kingston (Jamaica, one of the West Indian Islands *via* Southampton).—It is the port of Jamaica, and is well situated with an extensive view of the sea. Patients who are ordered a sea voyage for the benefit of their health might stay here for three months with advantage, arriving about December and leaving not later than April. The voyage to Jamaica is generally a very pleasant one, and the Royal Mail steamers are equipped with every modern improvement and may be justly described as floating hotels. The Royal Mail Co. have a very happy way of appointing extremely nice affable commanders, which always immensely adds to the comfort of a voyage, and they have also very carefully selected surgeons on board. If Captains Jellicoe and Welch are still in Kingston.

the service, a voyage with them will corroborate what I have written. **Bahamas, Hava** and **Bermuda** are much used as winter health resorts by American invalids.

Melbourne.

Melbourne (Victoria, *via* Plymouth, 35 days, Red Sea or Cape of Good Hope.)—The capital of Victoria, the most wonderful place of the present century. It seems hard to realise when you look at the stately buildings, fine streets, and the number of vehicles and human beings about that it consisted of only a few settlers in 1836. Patients who are suffering from incipient consumption, nervous diseases and overwork, and are ordered a sea voyage, can pass a most pleasant and interesting time in any of the Australian capitals from August to October. There are no extremes of heat and cold, and the climate is warm, genial, ozoniferous and sunshiny. Dr. Dougan Bird makes the summer heat only three degrees above London.

	Max. shade.	Min. shade.
August	73.1.	38.6.
September ...	82.5.	40.1.
October	79.3.	39.5.

The inhabitants are famous for their hospitality and gallantry to those who pay them a visit from the old country. **Sydney, Adelaide, Cape Moreton** and **Perth** are also salubrious places in the spring, and have fine equable climates.

New Zealand vide "Voyaging for Health" (p. 50). New Zealand.

Tasmania vide "Voyaging for Health" (p. 51). Tasmania.

Canaries.

Las Palmas.—Population 27,000. On the sea. Fine sandy beach four miles long. The climate is much the same as Orotova's, may be drier. There is a natural purging water which resembles many natural mineral table waters. There are four hotels, two English and two Spanish, and an English practitioner and a club. Good bathing. Same diseases as mentioned in Orotova are benefited by a sojourn here. Las Palmas.

Madeira.* *Madeira* (*via* Dartmouth or Liverpool) lies off the south coast of Morocco, in lat. 32°N.; Average temperature 62°; maximum 65 to 66°; highest maximum, 90; lowest 42°. January, February, March and April are the best months for invalids to visit the island. November, December and January very wet. Mean humidity,† 75 to 85 per cent. Funchal is well protected by the central range of mountain. Snow never falls.

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* The Donald Currie Line of Steamers run their splendid vessels from Dartmouth to the Cape, most of them stopping at Madeira to land passengers. Surgeon-General C. A. Gordon, in the *British Medical Journal*, June 18th, 1892, denies that there was any number of cases of typhoid fever among the visitors last season. He also speaks well of the sanitary condition of Funchal and the water supply.

† When a given volume of air is saturated the fact is represented by 100. If, therefore, we say that the humidity is 75, we mean that, at the particular temperature which the air is at, it is capable of taking up 25 more per cent. of moisture. Any lowering of temperature will lead to a deposition of moisture while, on the other hand, an elevation of temperature, will render the air capable of taking up an additional amount of moisture.

Climate may be said to be genial, warm and fine. Most inflammatory chest and throat affections do well. Hotels good; there are also a number of villas in the neighbourhood.

Santa Cruz (Port of Teneriffe).—Population, 20,000. Band plays daily, and there is a theatre. Patients can stay here a few days and then journey to Orotova. Comacho's hotel is very comfortable, and Mr. Comacho can talk English fluently, and is always willing to impart every information. Water and sanitary arrangements are good for a Spanish town, but might be better. Santa Cruz.

Orotova, to which may be joined Puerta Orotova (on the sea); relative humidity, 66.7; annual rainfall 14 inches, with about 56 wet days. N.E. trades blow after November. Invalids should arrive about December. Mean temperature, December to April, 66° to 70°, lowest temperature about 48° The Peak has much to do with the climate of Orotova, the cloud line tempers the sun rays. We may say the climate is dry, warm and mild with few wet days. Invalids who have time Orotova.

and money, and who are suffering from chest complaints, overwork, insomnia, and debility after a severe illness, will derive benefit from a stay here. I have heard glowing accounts of the Grand Hotel (12 francs a day). I do not consider the climate so good for inflammatory chest complaints as Madeira. I read that Dr. Thurston stated that he noticed no bad smells, but if so, his olfactory nerves must be very differently organised to mine. On the whole the water and sanitary arrangements are fairly good. Orotova is best reached by the New Zealand Shipping Co.'s, or Shaw Saville's steamers from Plymouth to Santa Cruz, then by vehicle.

FINIS.

LIST OF MEDICAL COMFORTS.

Every passenger should carry the following medical comforts :—

Tea (finest quality) and a tea pot.
Bovinine (Bush and Co.)
Biscuits, Hard.
A bottle of some purgative mineral water.
Citrate of Magnesia.
Nepenthe, half an ounce (Ferris and Co.)
La Poudre Insecticide.
Oil of Sassafras Ointment (a favourite remedy of mine for Mosquitos.)
*A silicated carbon syphon pocket filter.

* This is an extremely necessary article; it is most advisable even on board ship to filter the water before drinking it.

†Clothes as mentioned in page 48 (read wool for flannel).

Medicine, composed of the drugs given, the dose to be regulated by the author the medical attendant, or the surgeon in charge of the ship.

N.B.—The medicine chest on board a vessel may not contain some of the drugs given.

† The "Boltonian" underwear made of all English wool is soft, elastic, fits well and is perfectly reliable. I have personally tested it. I firmly believe in supporting British manufactures.

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